



Hi SENIOR Lites

- Spring Renewal for Family Caregivers
- Brain Health – The Six Pillars
- Ways to Reduce Your Salt Intake
- April Recipe: Low Sodium Meatloaf
- Bed Maker
- Mental Health Resources
- Medicare and Alcohol Use Disorder
- Join the ADRC Advisory Committee and Help Shape Services in Dunn County



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

Spring Renewal for Family Caregivers



Submitted by Casey Schnacky, ADRC Outreach-Caregiver Coordinator

Spring is a season of new beginnings. After a long winter, flowers bloom, the days grow brighter, and the world feels a little lighter. For family caregivers, spring can also be a gentle reminder to pause, refresh, and care for yourself. When you take time to recharge, you bring more patience, warmth, and energy to the person you care for.

Caregiving can be rewarding, but it can also be physically and emotionally demanding. Even small moments of self-care can make a meaningful difference in how you feel each day.

One simple way to refresh your mind is to spend a little time outdoors. Step outside for a few minutes of fresh air. Take a short walk, sit on a porch or bench, or simply let the sun warm your face. Notice the sounds of birds, the



movement of the breeze, and the signs of spring returning. These small moments in nature can help reduce stress and clear your mind.

If getting outside isn't always possible, you can still create a peaceful environment indoors. Open a window to let in fresh air, listen to nature sounds or calming music, and take a few minutes to breathe deeply and relax.

Gentle movement can also help restore your energy. Light stretching or simple movements throughout the day can release tension and improve how your body feels. Try rolling your shoulders, stretching your arms, or taking a few

slow breaths while you move. Even a few minutes of movement can help you feel more refreshed.

Spring is also a wonderful time to connect with the person you care for. Simple seasonal activities can bring moments of joy and conversation. You might take a short walk together, look at flowers in the yard, or plant seeds in a small pot. If staying indoors, consider arranging flowers, flipping through photo albums, or sharing favorite memories of springtime.

These small, shared moments can brighten the day for both of you. They encourage connection, spark conversation, and remind you that caregiving can include meaningful and peaceful experiences.

As nature begins to bloom again, let spring be a reminder to care for yourself as well. Even a few minutes of rest, fresh air, or quiet reflection can help renew your energy. By taking time to refresh and grow, you are better able to bring compassion, patience, and warmth to the person who depends on you.



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
Case Worker: Mary Linberg

LOCAL FREE MEALS & FOOD PANTRY

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. Tuesday, 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.

FOR RENT

MEMORIAL HEIGHTS APARTMENTS

Menomonie, Wisconsin
 Income Based Housing
 This institution is an equal opportunity provider and employer



FOR RENT

SUNNYSIDE APARTMENTS

Knapp, Wisconsin
 Income Based Housing
 This institution is an equal opportunity provider and employer



Find us at
seniorreviewnewspapers.com



FOOD PANTRY HOURS

- MONDAY (Inside Only) 1:00 pm to 4:00 pm
- TUESDAY (Inside Only) 10:00 am to 1:00 pm
- WEDNESDAY (Curbside Only) 2:00 pm to 6:00 pm
- SATURDAY (Inside Only) 9:00 am to 12:30 pm



Mon/Tues/Sat - **Inside Shopping Only**. No curbside available.
 Wed - **Curbside Shopping Only**. No inside shopping available.
 Check-in every 14 days to receive meat, dairy, dry goods, bakery, fresh fruits & vegetables (as available).



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

www.SteppingStonesDc.org

POP-UP PANTRY SCHEDULE

EVERY 1ST AND 3RD THURSDAY OF EACH MONTH

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 OF EACH MONTH

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

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

EVERY 1ST TUESDAY OF EACH MONTH

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, Mondovi



Households may receive approximately 4 to 5 days' worth of food. Items available include non-perishables, fresh or frozen produce, bread, dairy, and meat.



www.SteppingStonesDc.org

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ADRC DUNN COUNTY NUTRITION PROGRAM

Colfax M - Th 962-2550
 Hosford-Rich Apts. M, T, Th, F 235-4047
 Ridgeland M - F 949-1937

Tantara in Menomonie M - F 556-0266
 Sand Creek M - F 658-1335
 ADRC Office for Dunn County M - F 232-4006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Meatloaf, Baked Potato, Creamy Corn Casserole, Apricots, Milk	2 Deluxe Chicken Pot Pie, Sliced Carrots, Dinner Roll, Cherry Cobbler, Milk	3 Meal Sites Closed 
6 Beef Pot Roast, Parslied Red Potatoes, Carrots w/ Parsley, Whole Wheat Roll, Banana Cake, Milk	7 Oven Fried Chicken, Mashed Potatoes, Corn, Wheat Bread, Watermelon, Milk	8 Pork Chops with Apples, Baby Bakers, Winter Squash, Sugar Cookie, Milk	9 Hot Ham & Cheese on Bun, Bean with Bacon Soup, Creamy Coleslaw, Diced Pears, Milk	10 Italian Meat sauce over Spaghetti Noodles, Spinach Cranberry Salad, Garlic Bread sticks, Iced Brownie, Milk
13 Chicken Alfredo over Noodles, Carrots with Parsley, Fresh Apple, Tomato Juice, Milk	14 Meatloaf, Baked Potato, Scalloped Corn, 24-Hour Fruit Salad, Milk	15 Shredded Pork Sandwich on Bun, Baked Beans, Creamy Coleslaw, Watermelon, Milk	16 Hamburger Gravy, Mashed Potatoes, Stewed Tomatoes, Cranberry Orange Muffin, Milk	17 Baked Fish, Cheesy Hash Browns, Broccoli, Dinner Roll, Pineapple Tidbits, Milk
20 Build Your Own Breakfast Croissant, Potato Medley, Pears, Tomato Juice, Milk	21 Cornflake Chicken, Roasted Vegetable Rice Pilaf, Creamy Cucumber Salad, Tropical Fruit, Milk	22 Roast Beef, Mashed Potatoes with Brown Gravy, Country Blend Vegetables, Wheat Bread, Blueberry Crisp, Milk	23 Barbequed Spareribs, Baked Beans, Cheesy Broccoli, Raisin Salad, Wheat Bread, Banana, Milk	24 Tuna Salad Sandwich/ Wheat Bread, Hearty Vegetable Soup, Peachy Pudding, Milk
27 Sailsbury Steak, Mashed Potatoes with Brown Gravy, Parslied Cauliflower, Garlic Bread, Mandarin Oranges, Milk	28 Barbecue Glazed Chicken, Baked Beans, Cucumber Salad, Wheat Bread, Melon Medley, Milk	29 Breaded Pork Chop, Oven Roasted Sweet Potatoes, Broccoli, Applesauce, Milk	30 Baked Salmon Steak, Baked Potato, Carrots with Parsley, Strawberry Shortcake, Milk	

Normal Brain Aging or Warning Signs of Brain Changes



- What is Normal Brain Aging?
- Know the Warning Signs
- Could some health conditions appear like dementia?
- What are next steps if you notice changes in yourself or someone else?

Join Dementia Care Specialist from the Aging & Disability Resource Center of Dunn County, Carla Berscheid as we tackle this important topic

March 10, 2026
1:00 pm - 2:30pm



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 APRIL 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



SUN	MON	TUE	WED	THU	FRI	SAT
<p>Contact the Dunn County ADRC for any questions. (715)232-4006</p> 		<p>1 APRIL FOOL'S DAY</p> <p>Stout Wellness Fair Sports & Fitness Center 10:00am-2:00pm</p> <p>Boost Your Brain & Memory April 1, 8, 15, & 22 ADRC Resource Room 1:00pm-3:00pm</p> <p>Caregiver Coffee Hour Independence State Bank Elk Mound, WI 1:00pm</p>		<p>2</p>  <p>National Ride Your Horse to a Bar Day</p>	<p>3</p> <p>good friday</p>	<p>4</p> 
<p>5</p> 	<p>6</p> <p>Virtual Dementia Support Group 7:00pm</p> <p>Grief Support Group Menomonie Senior Center 12:00pm</p>	<p>7</p> <p>Women Connected Renewal & Reflection ADRC Resource Room 12:00pm</p> <p>Support Group with Wellness & Self-Care</p>	<p>8</p> <p>Boost Your Brain & Memory ADRC Resource Room 1:00pm-3:00pm</p> <p>15th-Virtual Long Distance Caregivers 11:30am</p>	<p>9</p> <p>Relatives Raising Children ADRC Resource Room 9:30am</p>	<p>10</p>	<p>11</p> 
<p>12</p>	<p>13</p> <p>Exploring Dementia ADRC Resource Room 10:30am</p> <p>Grief Support Group Menomonie Senior Center 12:00pm</p>	<p>14</p> <p>Creative Caregiver ADRC Resource Room 1:00pm</p> <p>Brain Health Talk Menomonie Senior Center 1:00-2:30pm</p>	<p>15</p> <p>Boost your Brain & Memory ADRC Resource Room 1:00pm-3:00pm</p> <p>Caregiver Support Group ADRC Resource Room 2:00pm</p>	<p>16</p> <p>Vibrant Voices Concert Our Saviors Church 910 9th St., Menomonie 1:00pm</p> 	<p>17</p>	<p>18</p>
<p>19</p>  <p>National Cat Lady Day</p>	<p>20</p> <p>Grief Support Group Menomonie Senior Center 12:00pm</p>	<p>21</p>	<p>22</p> <p>Boost Your Brain & Memory ADRC Resource Room 1:00pm-3:00pm</p>	<p>23</p> <p>Brain Health 101 Menomonie Public Library 2:00pm</p>	<p>24</p> <p>Arbor Day</p> 	<p>25</p> 
<p>26</p>	<p>27</p> <p>Exploring Dementia ADRC Resource Room 10:30am</p> <p>Grief Support Group Menomonie Senior Center 12:00pm</p> 	<p>28</p>	<p>29</p>	<p>30</p>  <p>Bugs Bunny Day</p>	<p>31</p> 	

HELP END ELDER ABUSE

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

COUNTY HELPLINES

DUNN COUNTY DEPARTMENT OF HUMAN SERVICES & ADRC

Adult Protective Services.....715-232-1116

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 Hope715-235-9074



Brain Health – The Six Pillars



Submitted by Carla Berscheid, Dementia Care Specialist

Did you know that there are more than 125,000 people living with diagnosed dementia in Wisconsin?

There is likely another 50% living with undiagnosed dementia. Did you also know that it is estimated that 40% of all dementia cases could have been prevented or delayed by living a healthy lifestyle?

There are six pillars of a brain health lifestyle; nutrition, exercise, stress reduction, sleep, continued learning and social engagement. Here are the basics of the pillars, in each month of 2026 we will discuss one of these pillars in more detail.

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

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

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

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

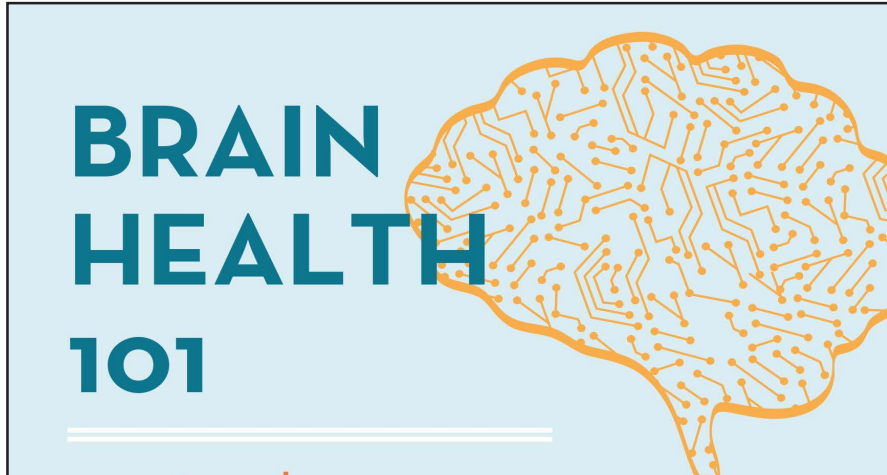
Quality Sleep – aim for 7-9 hours of quality sleep each night. To improve your sleep, limit or eliminate daytime naps, have a consistent bedtime and wake up time, eliminate food and/or alcohol consumption and screen time at least 2 hours before bedtime.



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

To discover more about Brain Health, considering reading one of these books: *The High Octane Brain*, by Dr. Michelle Braun, and *12 weeks to a Sharper You* by Sanjay Gupta

For more information about protecting your brain as you age, check out the Brain Health 101 at the Menomonie Library





BRAIN HEALTH 101

April 23rd @ 2pm
Menomonie Public Library Meeting Room

Research suggests up to 35% of dementias could be eliminated or delayed with healthy lifestyle factors. Learn information about the 6 Pillars of Brain Health and book resources for you to gain more information about this important topic.

FREE NO registration required

Presented by Carla Berscheid, Dementia Care Specialist for the Aging and Disability Resource Center of Dunn County

Ways to Reduce Your Salt Intake



Submitted by Bernie Allen,
Aging & Transportation Programs Manager

Low Salt = Proven Health Benefits

There is a plethora of research that confirms the benefits of a low-sodium diet. Salt has long been linked to high blood pressure, which afflicts nearly one in three Americans, and is the leading cause of cardiovascular disease. The ultimate goal of a low-sodium diet is to reduce the risk of cardiovascular disease and other health complications related to high blood pressure (hypertension).

Tips for Reducing Sodium/Salt

According to the Centers for Disease Control and Prevention, the majority of sodium in our diets comes from packaged and restaurant food (not the salt shaker) and is a direct result of food processing. Even foods that may not taste salty can be a major sources of sodium. Here are some tips for reducing sodium:

At the Grocery Store

- Buy fresh or frozen vegetables with no salt or sauce added.
- Choose packaged foods labeled “low sodium” or “no salt added” when available.
- When buying prepared meals, look for those with less than 600 milligrams (mg) of sodium per meal, which is the upper limit set by the Food and Drug Administration for a meal or main dish to be labeled “healthy.”
- When possible, purchase fresh poultry, fish, pork and lean meat, rather than cured, salted, smoked and other processed meats.
- Ask your grocer if they have a low sodium shopping list available.

At Home

- When cooking, use alternatives to replace or reduce the amount of salt use, such as garlic, salt-free seasonings or spices.
- Eat more fruits and vegetables.
- Limit sauces, mixes and “instant” products, including rice and ready-made pasta.

Dining Out

- Ask for nutrition information before you order, and select a lower sodium meal.
- Ask that no salt be added to your meal.
- Order vegetables with no salt added or fruit as a side item.
- Keep takeout and fast food to an occasional treat.

Food	Sodium Range (in milligrams)
1 slice white bread	80-230
3 oz turkey breast, deli or prepackaged luncheon meat	450-1,050
4 oz slice frozen pizza, plain cheese, regular crust	370-730
4 oz slice restaurant pizza, plain cheese, regular crust	510-760
4 oz boneless, skinless chicken breast, fresh	40-330
3 oz chicken strips, restaurant, breaded	430-900
3 oz chicken nuggets, frozen, breaded	200-570
1 cup chicken noodle soup, canned, prepared	100-940
1 corn dog, regular	350-620
1 cheeseburger, fast food restaurant	710-1,690
1 oz slice American cheese, processed (packaged or deli)	330-460
1 cup canned pasta with meat sauce	530-980
5 oz pork with barbecue sauce (packaged)	600-1,120
1 oz potato chips, plain	50-200



April Recipe: Low Sodium Meatloaf

Source Food.com

Ingredients:

- 2 lbs. lean ground beef
- 1 tablespoon olive oil
- ½ cup onion, finely chopped
- ½ celery, finely chopped
- 1 cup rolled oats
- 1 egg
- 1 teaspoon garlic, minced
- 1 tablespoon Worcestershire sauce
- ½ cup milk
- 2 teaspoons Mrs. Dash seasoning
- ½ teaspoon ground pepper



Sauce:

- 8 ounces no-salt-added tomato sauce
- ¼ cup brown sugar
- 1 tablespoon yellow mustard
- 1 tablespoon cider vinegar

Directions

1. Sauté onion and celery in olive oil until tender, and cool slightly.
2. In a large bowl, mix all meatloaf ingredients together with hands. Shape into a loaf and place in baking pan.
3. Combine sauce ingredients in a small bowl and spread over meatloaf.
4. Bake in a preheated oven at 350 degrees for about one hour.

Total Time: Prep and Cook: 1 hour and 15 minutes

Yield: 8 Servings



All Welcome - No Cost

Community Meals

Free meals in Menomonie
Monday, Tuesday, Wednesday and Thursday

Monday's Meal

Mondays from 5:00-6:00 PM
Menomonie United Methodist Church
2703 Bongey Drive
Drive Through To Go

Tuesday's Table

Tuesdays from 5:00-6:00 PM
St. Joseph's Church
10th St. and Wilson Ave.
(lower level)
In Person Dining

Wednesday's Table

Wednesdays from 5:00-6:00 PM
Christ Lutheran Church
1306 Wilcox St.
In Person Dining & To Go

Thursday's Table

Thursdays from 5:00-6:00 PM
First Congregational
United Church of Christ
420 Wilson Ave.
To Go



Creative Caregiver

MONTHLY ART GROUP
 2ND TUESDAY OF THE MONTH
 1:00PM-2:30PM
 ADRC RESOURCE ROOM
 3001 US HWY 12 E, SUITE 160
 MENOMONIE, WI

A RELAXING ART & SELF-CARE GROUP FOR CAREGIVERS TAKE A BREAK. REFILL YOUR CUP. CONNECT WITH OTHERS WHO UNDERSTAND.

Join us each month for a creative, hands-on activity designed to help caregivers unwind, explore art in a beginner-friendly way, and enjoy a supportive space.

COST: FREE-SUPPLIES PROVIDED
 SKILL LEVEL: NO EXPERIENCE NEEDED!
 CALL CASEY FOR ANY QUESTIONS OR MORE INFORMATION. (715)231-2713

THANK YOU TO THE CHIPPEWA VALLEY DEMENTIA COALITION FOR THE GENEROUS GRANT SUPPORTING CREATIVE CAREGIVERS.



D.R. MOON MEMORIAL LIBRARY

COMFORT CORNER

A MEMORY CAFE PROGRAM FOR THOSE LIVING WITH DEMENTIA AND THEIR CAREGIVERS

APRIL 29

1PM-2:30PM

STANLEY FIRE STATION

- ACTIVITIES
- REFRESHMENTS
- GAMES
- SOCIALIZATION

239 E 1ST AVE. STANLEY WI 715-644-2004

MADE POSSIBLE WITH FUNDING FROM THE CHIPPEWA VALLEY DEMENTIA COALITION

2026 CAREGIVER SUPPORT GROUP

3rd Wednesday of the Month

2:00pm-3:30pm

ADRC Resource Room
 3001 US Hwy 12 E., Suite 160
 Menomonie, WI 54751

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.

Call Casey at (715)231-2713 for more information or any questions.



CARING THROUGH THE JOURNEY: DEMENTIA TRAINING

This training is open to anyone that wants to learn more about dementia and/or supporting someone that has dementia personally or professionally. This includes caregivers, friends, neighbors, church and clinic staff.

TRAINING INCLUDES:

- Communication Snags and Successes
- Understanding Unmet Needs
- Progression (stages) of Dementia
- Your Approach Matters



SHERI FAIRMAN
 DEMENTIA CARE SOLUTIONS
 www.dementiacaresolutions.org

THURSDAY, APRIL 9TH

Central Lutheran Church
 28 E. Columbia Street
 Chippewa Falls, WI
 10:00 am - 2:30pm
 lunch provided

To Register:
<https://chipfalls.revtrak.net/>

\$15.00 PER PERSON

Sponsored by: Aggie's Country Living & Chippewa Valley Dementia Coalition

Menomonee Doorstop Bus Schedule

Monday – Friday

- Doorstop bus operates **7:00am – 5:00pm**.
- Passengers may call 715-235-7433 to schedule pickup times by 3:00pm the day before service or after 7:00am the day of service.
- **Call in at least 2 hours** prior to your appointment time.
- Dunn County Transit system is available to all riders.

Fare

- \$4.00 each time boarding the bus.
- For convenience passengers may purchase tokens from Dunn County Transit for \$4.00 each.
- Out of town doorstop rides will be \$7.00
- Agency Rides will be charged \$10.00 in town and \$15.00 out of town.

Schedule

- All services must be scheduled by calling Dunn County Transit Comm. Center at 715-235-7433.
- Remember to allow enough time CALL at least 2 HOURS IN ADVANCE of any appointments.

General

- Drivers will assist you if needed with up to 4 bags/boxes of groceries weighing no more than 20 lbs. each. Only door-to-door.
- Drivers will not carry items into your residence.

Questions?

Contact Dunn County Transit

715.235.7433

Office Hours: Monday - Friday: 7:00 am - 5:00 pm

Office Location: 640 Stokke Parkway, Menomonee, WI 54751

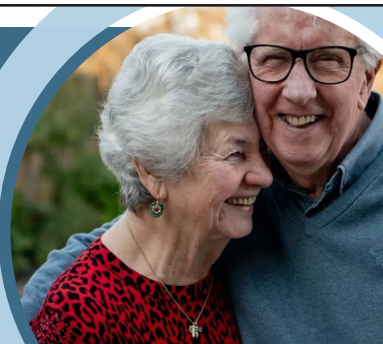
www.co.dunn.wi.us/transit



DEMENTIA P.A.C.T.

Positive & Assertive Caregiver Training

ATTEND SOME OR ALL TRAININGS



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

DEMENTIA LIVE

MARCH 3RD, 2 PM - 4PM

Have you ever wondered what it might be like to have dementia? Come and experience this amazing dementia simulation

SCAMS AND FRAUD

SEPTEMBER 1ST, 2-4PM

Seniors and people with dementia are at a higher risk of fraud and abuse. Join us as we discuss practical ways to help protect yourself, or a loved one.

TECHNOLOGY FOR CAREGIVERS

JUNE 2ND, 2 - 4PM

There is some fascinating technology to out there to help caregivers. Not all of it is high-tech, so join us for practical tools too!

DEMENTIA BEHAVIORS

DECEMBER 1ST, 2-4PM

Do you struggle with helping your person with dementia complete hygiene tasks? Is your person dealing with hallucinations or paranoia? Join us for practical research backed strategies



715-232-4006

adrc@dunncountywi.gov

All classes held at
ADRC of Dunn County
3001 Hwy 12 E
Menomonee

Menomonee Area Senior Center

1412 6th Street East
Menomonee, WI 54751
715-235-0954 email: seniors@wytl.net
Facebook: Shirley Doane Senior Center

Menomonee Area Senior Center April 2026



SUN	MON	TUE	WED	THU	FRI	SAT
			1 (no foot & nail clinic this day) 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	2 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic 1pm Mexican Dominos	3 GOOD FRIDAY SENIOR CENTER CLOSED No BINGO	4
5 HAPPY EASTER! 	6 8:30-9:30am Tai Chi 11am-1pm ADRC Bingo-cize 12-1pm ADRC Grief Support Group 12-3pm Open Walking Gym 1pm Mah Jongg	7 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 9am Cribbage 11-11:45am Stronger Seniors Basic 1pm Euchre 1:30-3pm CVLR Safety in the Home*	8 8:30am Foot & Nail Clinic* 9am-2pm Crafts/10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge 1pm Hand & Foot	9 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11-11:45am Stronger Seniors Basic 12-2pm ADRC Bingo-cize 1pm Mexican Dominos	10 10am-2:30pm ADS* 10-11:30am CVLR Foreign Affairs* 12-3pm Open Walking Gym 1-3pm Bingo	11
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Bed Maker Submitted by Compass IL

In a perfect world, we'd all wake up with our sheets clean and our beds made. Until then, we've got a neat little device called the Bed Maker. This wedge-shaped tool does the heavy lifting—literally.



By simultaneously lifting the mattress and tucking in the sheets, the toughest part of making your bed is done for you. Its simple, lightweight design relies on physics and gravity to do the work, instead of you.

No more straining your back and jamming your fingers; just grab the easy-to-grasp handle, drape the sheets over the mattress, and wedge them in. When not in use, you can tuck it under your bed and out of sight. This device is perfect for those with arthritis, wheelchair users, and anyone with limited dexterity.

Compass IL 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 Compass IL 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, Compass IL provides a variety of services, including information on alternative financing options like WisLoan, Telework, and TEPP, upon request

April Means Outdoor Activities! But Wait... Do You Suffer With Allergies?



Now is a great time to call our pharmacist and make an appointment to go over your medications to ensure your health and safety needs are being met. Our pharmacist will make sure you are compliant with your medications and will also advise you on over-the-counter products for allergies to take or avoid for adverse interactions.

VISIT YOUR LOCAL HOMETOWN PHARMACY!

Mondovi Pharmacy 122 SOUTH EAU CLAIRE ST - MONDOVI
715-926-4938

Ed's Pharmacy 1511 MAIN ST - BLOOMER
715-568-2190

Wally Shong Pharmacy 153 W LINCOLN ST - AUGUSTA
715-286-2515

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Veteran's Corner

Staff: Greg Quinn, Jessica Christianson, & Amy Lynch

Contact: 715-232-1646 or [vet@co.dunn.wi.us](mailto:veter@co.dunn.wi.us)

Office hours: Monday-Friday / 8:00am-4:30pm



Veterans: Know Which Benefits are Taxable and Which are Not!

Non-Taxable: disability compensation, pension, health care, grants, and education assistance

Taxable: Military Retirement pay



GI Bill students: All VA education beneficiaries, including Survivors' and Dependents' Education Assistance (Chapter 35) students, must verify their enrollment at the end of each month to receive benefit payments.

Menomonic Honor Guard needs a few volunteers to assist with honoring our fallen brothers and sisters with funeral honors. For more information, contact Everette Freeland at 715-495-3300 or by email at freelandeverette@gmail.com.

Memorial Day program volunteers needed! We're looking for a couple students to do readings, 2-4 people to help hand out flags and programs (kids encouraged!), 2-4 people to place flowers at gravesites, and a Veteran who would like to share their story and what Memorial Day means to them. Please call the office at 715-232-1646 to volunteer!

GOVERNMENT SUBSIDIZED HOUSING

in Dunn County

Gaylord Nelson Manor - 603 E 21st Ave Menomonie

Physically disabled housing, available immediately.

Warren Knowles Manor - 507 Cedar Court Menomonie

Physically disabled housing, available immediately.

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Mental Health Resources By the GWAAR Legal Services Team



Submitted by *Bethany Schneider, ADRC Elder Benefit Specialist*

Your mental health is just as important as your physical health. One in five Americans are living with a mental illness according to the National Institute of Mental Health. Many things like stress, lack of sleep, isolation due to colder weather, and current events can trigger mental health issues. You may experience changes in your sleep, changes in your appetite, mood swings, social withdrawal, low energy, and cognitive issues. Some people may feel physical pain, irritability, confusion, and feelings of hopelessness. If you notice these changes in yourself or a loved one, reach out to your healthcare provider or find immediate help. Most health insurance plans cover mental health services whether you have a Marketplace plan, Medicare, or Medicaid.

Medicare and Medicaid cover mental health services. They cover the diagnosis and treatment of mental health issues like anxiety and depression. It's important to contact your plan or call 1-800-MEDICARE to find out what is covered and where the services are covered.

Understanding your plan's mental health coverage will help you avoid costly bills. If you don't have medical coverage, there are programs that help individuals meet their mental health needs.

There are nonprofit organizations that provide resources to those who need them in Wisconsin. One organization is the National Alliance on Mental Illness (NAMI) which helps individuals find support and care. They have information about finding a provider, treatment, and crisis resources. Their Wisconsin guide has a lot of information to help individuals get the care they need. Another organization is Mental Health America of Wisconsin (MHA). They help individuals find providers that accept Medicaid, provide information about support groups, and have general information about mental illness. If you need assistance finding a provider that will see you without insurance, use the FindHelp.org website to search for providers near you that may have reduced fees.

Whether you have insurance or not, if you feel like you or a loved one are in a crisis, there are resources to help. If you or a loved one is in immediate physical danger, you can call 911. Let them know that you are having a mental health crisis and ask for a mental health officer or request a Crisis Intervention Team or CIT. If you are in a mental health crisis, you can also call 988 to be connected to a trained mental health counselor.

You can call the mental health hotline for Wisconsin at (866) 903-3787 to talk to a mental health specialist. You can call the National Alliance on Mental Illness hotline at (800) 950-6264 or text NAMI to 741-741 to talk through it and get help finding resources locally. Dialing 211 can help you find immediate assistance for acute mental health issues near you. Just remember that you are not alone, and there are resources available to you whether you have mental health coverage or not.

Mental Health Resources NAMI Resource Guide:
<https://namiwisconsin.org/resources/resource-guide/> NAMI Navigating a Mental Health Crisis Guide—<https://www.nami.org/wp-content/uploads/2025/04/Navigating-a-Mental-Health-Crisis-2025.pdf> National Alliance on Mental Illness (NAMI) website—<https://namiwisconsin.org/>



Mental Health America of Wisconsin (MHA) website:

<https://www.mhawisconsin.org/home.aspx> Find Help (<https://www.findhelp.org/>) is a resource to help you find a variety of resources near you.

Medicare and Your Mental Health Benefits:
<https://www.medicare.gov/publications/10184-medicare-and-your-mental-health-benefits.pdf>

Medicare Learning Network: Medicare & Mental Health Coverage:

<https://www.cms.gov/files/document/mln1986542-medicare-mental-health-coverage.pdf>

ForwardHealth:

<https://www.forwardhealth.wi.gov/WIPortal/Subsystem/KW/Print.aspx?ia=1&p=1&sa=44&s=2&c=61>

Crisis Helplines:


911—Call if you are in immediate physical danger and ask for a mental health officer or the Crisis Intervention Team (CIT).

988—Call to be connected to a mental health counselor.

(866) 903-3787—Call to be connected to a mental health specialist in Wisconsin.

(800) 950-6264 or text NAMI to 741-741- Call or text to talk through the issue and find resources.

211—Call to get help finding resources for acute mental health issues.



EXPLORING DEMENTIA

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

1st Wednesday of the month	2026 DATES												
1:00pm													
Independence State Bank E401 Menomonie Street Elk Mound, WI	<table style="width: 100%; border: none;"> <tr><td style="width: 50%;">February 4</td><td style="width: 50%;">July 1</td></tr> <tr><td>March 4</td><td>August 5</td></tr> <tr><td>April 1</td><td>September 2</td></tr> <tr><td>May 6</td><td>October 7</td></tr> <tr><td>June 3</td><td>November 4</td></tr> </table>	February 4	July 1	March 4	August 5	April 1	September 2	May 6	October 7	June 3	November 4		
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March 4	August 5												
April 1	September 2												
May 6	October 7												
June 3	November 4												
<small>INDEPENDENCE STATE BANK Established 1887 • Member FDIC</small>													
2 nd & 4 th Mondays of the month	2026 DATES												
10:30 a.m. to 12:00 p.m.													
ADRC Resource Room 3001 Hwy 12 E, Suite 160 Menomonie, WI	<table style="width: 100%; border: none;"> <tr><td style="width: 50%;">January 12 & 26</td><td style="width: 50%;">July 13 & 27</td></tr> <tr><td>February 9 & 23</td><td>August 10 & 24</td></tr> <tr><td>March 9 & 23</td><td>September 14 & 28</td></tr> <tr><td>April 13 & 27</td><td>October 12 & 26</td></tr> <tr><td>May 11 & 25</td><td>November 9 & 23</td></tr> <tr><td>June 8 & 22</td><td>December 14 & 28</td></tr> </table>	January 12 & 26	July 13 & 27	February 9 & 23	August 10 & 24	March 9 & 23	September 14 & 28	April 13 & 27	October 12 & 26	May 11 & 25	November 9 & 23	June 8 & 22	December 14 & 28
January 12 & 26	July 13 & 27												
February 9 & 23	August 10 & 24												
March 9 & 23	September 14 & 28												
April 13 & 27	October 12 & 26												
May 11 & 25	November 9 & 23												
June 8 & 22	December 14 & 28												
<small>ADRC Aging and Disability Resource Center of Dunn County Your Bridge to Support</small>	<div style="display: flex; justify-content: space-between;"> Contact the Dunn County Aging and Disability Resource Center for more information. (715)232-4006 </div>												



VOLUNTEERS NEEDED!

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

Volunteer Opportunities:

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



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

Mileage Reimbursement Opportunities Available!

Relatives Raising Children Support Group



**2nd Thursday of the month
9:30 am-11:00 am
ADRC Resource Room
3001 US Hwy 12 E, Suite 160
Menomonie, WI**

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.

The Relative Caregiver Program provides information, support, and other resources to help grandparents and other older relatives who have taken on the responsibility of surrogate parenting due to the absence of the parents.

Contact Casey at (715)231-2713 with any questions or for more information.



Normal Brain Aging or Warning Signs of Brain Changes



- *What is Normal Brain Aging?*
- *Know the Warning Signs*
- *Could some health conditions appear like dementia?*
- *What are next steps if you notice changes in yourself or someone else?*

Join Dementia Care Specialist from the Aging & Disability Resource Center of Dunn County, Carla Berscheid as we tackle this important topic

**Tuesday, April 14, 2026
1:00 pm - 2:30pm
SHIRLEY DOANE
SENIOR CENTER
1412 6th Street East, Menomonie**

Medicare and Alcohol Use Disorder By the GWAAR Legal Services Team



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

April is Alcohol Awareness month. Studies have repeatedly shown that Wisconsinites engage in more binge drinking than adults in other states. The 2023 Behavioral Risk Factor Surveillance Survey found that more than 18% of Wisconsin residents had reported engaging in heavy drinking in the past month. Alcohol use is a concern for many residents of Wisconsin.

Medicare will cover various forms of treatment for alcoholism and substance use disorder in both inpatient and outpatient settings if the services are medically necessary and you receive them from a Medicare-approved provider or facility. Read on for more information about what Medicare may cover.

Alcohol misuse screening and counseling:

- Medicare Part B covers one alcohol misuse screening per year. You pay nothing if your doctor accepts Medicare assignment, which means that your doctor agrees to accept Medicare's payment as payment in full.
- If your primary care doctor determines that you are misusing alcohol but do not meet the criteria for alcohol dependence, Medicare may cover up to four brief face-to-face counseling sessions per year.

Inpatient Care:

Part A helps pay for your care if you are hospitalized for substance abuse treatment. The out-of-pocket costs are the same as any other type of inpatient hospital stay. However, please note that if you are receiving care in an inpatient psychiatric hospital, Medicare only covers a total of 190 lifetime days. This rule only applies to free-standing psychiatric facilities that are not considered part of general hospitals.

Outpatient Care:

Part B helps pay for substance abuse treatment services you receive from a clinic or hospital outpatient department. Medicare will pay 80% of its approved amount. If you receive the service from a provider who accepts assignment, you are responsible for the remaining 20% after you meet your Part B deductible.

Covered services include, but are not limited to:

- Psychotherapy
- Patient education regarding diagnosis and treatment

- Post-hospitalization follow-up
- Prescription drugs administered during a hospital stay or injected at a doctor's office



Structured Assessment and Brief Intervention (SBIRT) services provided in a

doctor's office or outpatient hospital department is covered under Part B when patients show signs of drug abuse or dependency.

The services include:

- Screening to determine the severity of substance use and identify appropriate level of treatment,
- Brief intervention or advice to increase awareness and motivate an individual to make behavioral changes, and
- Treatment for those identified as needing more extensive treatment.

Medication:

If you are prescribed medication that is not administered during a hospital stay or in a doctor's office, your Medicare Part D may cover the medication. Please contact your plan if you have any questions about which medications are covered.

Virtual Dementia Support Groups



Join us for support, encouragement and resources

For Caregivers of someone living with dementia:

Monday Coffee Connect - Every Monday 10-11 am.

Contact Kelsey at kflock@lacrossecounty.org

Monday DISH - 1st Monday of the month 7-8pm.

Contact Carla at cberscheit@chippewacountywi.gov

Circle of Support - 3rd Tuesday of the month 2-3pm.

Contact Teresa at teresa.gander@vernoncountywi.gov

Evening Conversations - 2nd Thursday of the month 7:00-8:00pm.

Contact Teresa at teresa.gander@vernoncountywi.gov

Minds & Voices - 2nd Wednesday of the month, 10:30 - 11:30am

contact Rob at 920-386-4308 or 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

Friday Support - Every Friday morning 9-10am.

Contact Karen at karen.tennyson@co.rock.wi.us

Third Wednesday - Third Wednesday of the month 6:30 - 7:30 pm

contact Tricia at tricia.rotering@co.trempealeau.wi.us

For those living with MCI or early stage dementia

Conversations - 1st & 3rd Wednesday of the month, 10:30 am - noon

contact Rob at 920-386-4308 or rgriesel@co.dodge.wi.us

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 535 S. Hillcrest Parkway, Altoona WI 54720

Join the ADRC Advisory Committee and Help Shape Services in Dunn County



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

The Aging & Disability Resource Center (ADRC) of Dunn County is currently seeking new members to serve on the ADRC Advisory Committee. This committee plays an important role in ensuring that the voices of older adults and people with disabilities are heard when shaping services and supports in our community.

Under Wisconsin Statute 46.283(6), ADRCs are required to have a governing board that allows the consumers of ADRC services to help guide the direction of their local ADRC. The Advisory Committee provides input on the policies, priorities, and operations of the ADRC, helping ensure that local long-term care services meet the needs of Dunn County residents.

We are currently looking for individuals who fall into one of the following categories:

- Older adults (age 60 or older)
- Adults age 18 or older with a physical disability
- Adults age 18 or older with a cognitive disability
- A representative of someone with a physical or cognitive disability

The Advisory Committee is also expected to reflect the ethnic and economic diversity of the community served by the ADRC, helping ensure that a broad range of perspectives are included in discussions about services and programs.

Meeting Details

The ADRC Advisory Committee meets every other month on Mondays at 1:00 PM.

Meetings typically last about two hours and provide an opportunity for members to:

- Learn about programs and services offered by the ADRC
- Share perspectives about community needs
- Provide feedback on policies and program development
- Help ensure the ADRC continues to serve Dunn County residents effectively

Serving on the Advisory Committee is a meaningful way to support older adults and people with disabilities in our community while helping guide the future of ADRC services.



Interested in Serving?

If you would like to learn more about joining the ADRC Advisory Committee, please contact:

Tracy Fischer, Manager, ADRC of Dunn County: 715-231-6481

We welcome community members who are interested in making a difference and helping ensure that ADRC services continue to meet the needs of Dunn County residents.

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University of Wisconsin
Eau Claire | Continuing Education

Prescription: A Daily Dose of Laughter

By Stephanie Faherty, Project Manager, Grace Lutheran Communities

They say age is just a number—but sometimes our joints, hearts, and brains like to remind us otherwise. Enter laughter: the one prescription you don't need a copay for, and it comes with zero side effects (unless you count giggle-induced stomach aches). For older adults, laughter isn't just a mood booster—it's a surprisingly powerful wellness tonic.

You've probably seen it happen before. A group of friends gathered around a table at a restaurant, people watching and reminiscing about years gone by. One person tells a funny memory, another adds their version of the story, and before long the whole group is laughing so hard they're wiping tears from their eyes. In those moments, worries seem to melt away and even the creakiest knees feel a little lighter. Those bursts of laughter are more than just fun—they're actually good for our health.

A good laugh does more than brighten the moment. It gets the blood pumping. When you laugh, your circulation improves and your heart gets a mini workout. Who knew that a belly laugh could double as the cardio you never knew you signed up for?

Laughter is a great stress reliever. It lowers stress hormones in the body and releases endorphins—natural feel-good chemicals that help improve mood and emotional health.

Think of endorphins as tiny happiness ninjas, quietly chasing away worry and gloom. Even a few minutes of laughter can leave us feeling calmer and more positive.

The benefits don't stop there. Laughter sets off a chain reaction throughout the body.

Muscles relax, breathing becomes deeper, and oxygen intake increases. That extra oxygen helps stimulate the heart, lungs, and muscles, giving the entire body a refreshing boost. In a way, laughter acts like a reset button, helping both the body and the mind recover from everyday stress.

Just as important, laughter is social glue. Humans are social creatures by nature and sharing humor with others strengthens our connections with family and friends. Whether it's swapping funny stories, teasing each other about old memories, or giggling over a silly joke, these shared moments build relationships and remind us we're not alone.

And here's another bonus: laughter may even help keep the brain sharp. Some studies suggest that humor and positive emotions can improve memory, focus, and learning. When we feel relaxed and happy, our brains are better able to process information and stay mentally engaged. In other words, watching a good comedy or sharing a funny story might be just as beneficial for the mind as a daily crossword puzzle.



The best part about laughter is that it's easy to add more of it to everyday life. Watching a favorite comedy show or classic sitcom can be a great place to start. Many people also

enjoy sharing humorous stories with friends during social meetups, phone calls, or family gatherings.

Another simple trick is to keep humor close at hand. A funny book on the nightstand, a lighthearted movie, or even a comic strip on the refrigerator can provide a quick mood boost. Sometimes,

the secret is simply learning to laugh at life's little mishaps—like searching for your glasses when they're already on your head.

So, if you're looking for a simple way to support your health and happiness as the years go by, try adding a daily dose of laughter. Share a joke, watch a comedy, or enjoy the humor that naturally pops up in everyday life.

After all, growing older is inevitable—but growing older without laughter? That's no joke.

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Have you been told you need a new Medicare card?

STOP!
It's a scam

Here's the truth

- Medicare is NOT issuing plastic cards
- You do NOT need to 'update' your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

Protect Yourself

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to SMP



Wisconsin Senior Medicare Patrol
888-818-2611
www.smpwi.org 

Preventing Medicare Fraud

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

April is Stress Awareness Month for Seniors, Memory Patients, and Caregivers

For the elderly and seniors, the month of April is National “Stress Awareness Month” and a good time to take stock of your mental health. Well, allow us to customize that introduction if you may. **For all of us**, the month of April is National “Stress Awareness Month”. We are talking to all of you who could use at-home assisted living advice and/or at-home memory care service advice. Care stress is real, unavoidable, but can be successfully managed. Recall that every time you fly, the flight attendant briefs you and tells you to place the oxygen mask on yourself first before assisting others? To maximize the effectiveness of your caring love, **you must take care of yourself first.**

A person’s mental health centers around their emotional, psychological, and social well-being. Elderly people and seniors are like everyone else, whose mental health affects how they feel, act, think, make decisions, and interact with other people. Having good mental health is vital to a person’s good overall health and enjoyment of their life.

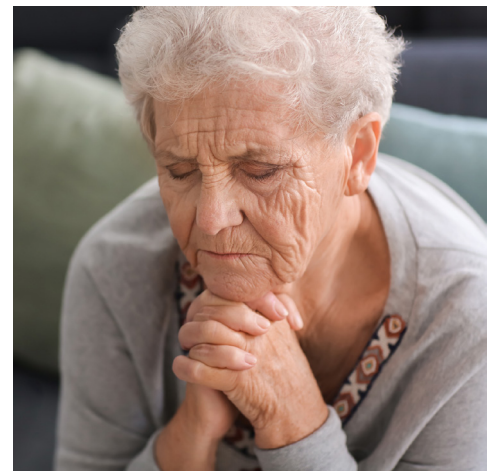
The World Health Organization (WHO) estimates that **about 15% of all adults over age 60 have a mental health problem.** Those numbers may have increased during the COVID-19 pandemic, health experts say. Experts identify several common mental health issues for the elderly and senior population. These include:

Depression: Seniors and the elderly who are depressed may feel consistently “low.” **This can happen to caregivers as well.** Enjoyment in life is hard for them. They may struggle with guilt, anger, shame, emptiness, hopelessness, and other similar feelings. It’s important to recognize chronic depression. If you or someone you know is thinking about suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Post-traumatic stress disorder (PTSD): Many people in the senior and elderly population have experienced loss, a dangerous event, and even shock. They may still struggle with their feelings around those events and be triggered by something that helps them recall those moments. Even in the safe and loving environment here at Winder’s

Gateway Gardens Assisted Living & Memory Care, you and our loved ones can struggle with PTSD. We can help you deal with that.

Bipolar disorder: Symptoms include changes in a person’s mood and behavior. They may have manic episodes, which could be feeling really good, or depressive episodes in which they’re overcome by sadness, helplessness, or a general “down” feeling. They may struggle to do daily activities.



Addiction: It might be hard for you, at-home caregivers, to diagnose addiction or addictive behaviors. We are trained to identify signs of addiction and how to professionally respond. However, addiction is often overlooked by friends, family, or caregivers.

Anxiety disorders: These are ongoing, continuous struggles with anxiety that may grow worse over time. For seniors and the elderly, common forms of anxiety include social anxiety disorder, depression, panic disorder, and obsessive-compulsive disorder.

Dementia: Forms of dementia can cause memory deterioration and lead to other symptoms. These include personality changes, difficulty communicating, erratic behavior, and personality changes. Dementia can have a detrimental effect on a person’s quality of life. We are highly trained and experienced in serving those with dementia (and their families, too).

By getting professional help, seniors and the elderly can treat and manage these conditions. They’re nothing to be ashamed of, and none of them are considered to be “normal” parts of aging.

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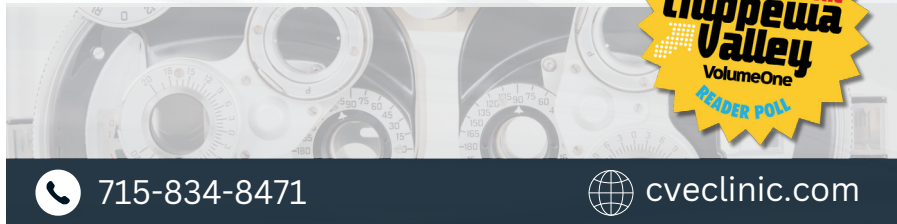
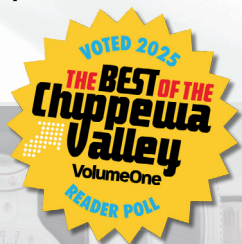
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