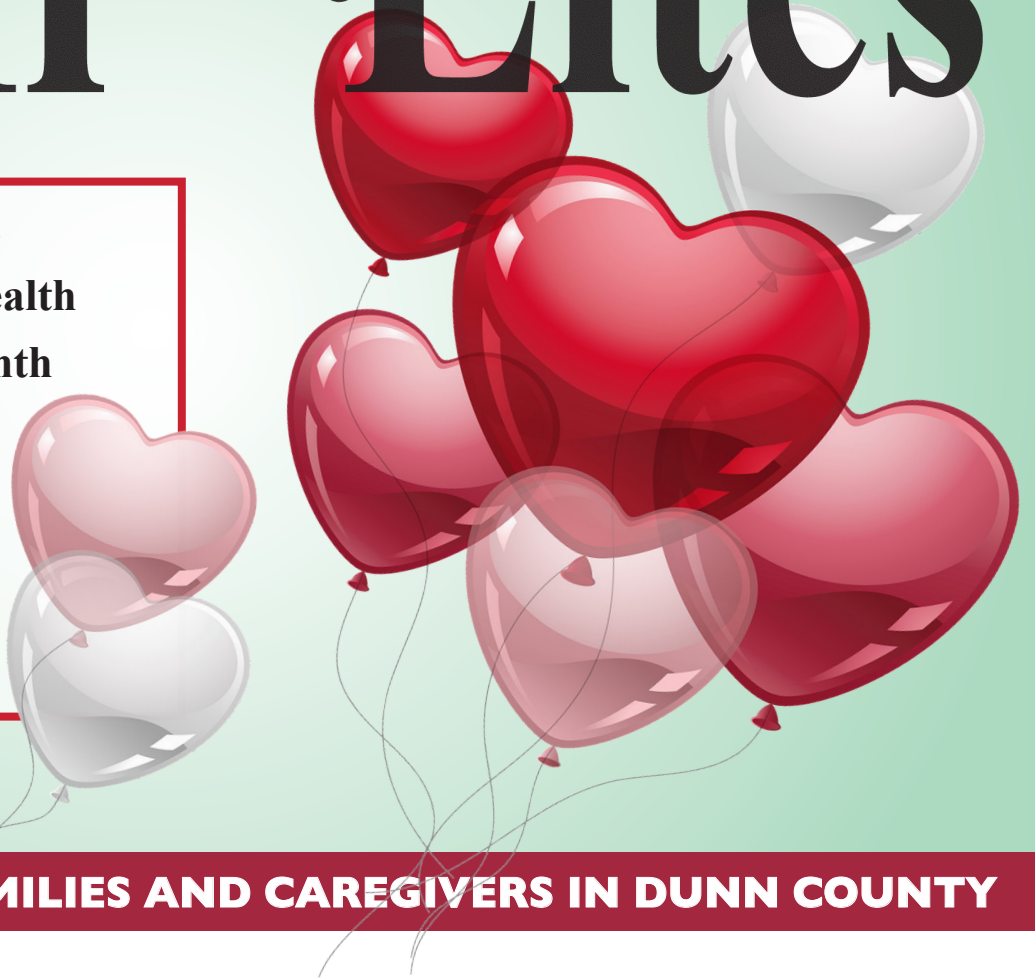




# Hi SENIOR Lites

- Report Misleading Medicare Ads
- Mediterranean Diet for Brain Health
- February is American Heart Month
- Is it Ever Too Late to Strengthen Your Heart?
- New Law Would Allow Seniorcare Recipients To Receive 100-Day Medication Refills



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

## Report Misleading Medicare Ads *By the GWAAR Legal Services Team*



*Submitted by Bethany Schneider, ADRC Elder Benefit Specialist*

The Centers for Medicare and Medicaid Services (CMS) are asking consumers and beneficiaries to help identify misleading Advantage plan sales practices that violate new federal marketing rules. That includes television ads promoting benefits that may not be available in the consumer's service area, as well as printed materials and telephone marketing practices.

CMS is asking people to watch for marketing efforts that:

- Suggest benefits are available to anybody who joins the plan.
- Mention benefits that are not available in the service area where they are advertised.



- Claim that the plan advertised will provide the "most" or "best" benefits or coverage.
- Promise unrealistic savings that most consumers will not realize.
- Fail to identify the name of the plan being advertised.
- Use the Medicare name or images of the Medicare membership card or logo without approval of CMS.

- Contact Advantage or drug plan members who have already told a plan or issuer not to contact them.
- Pretend to be representative of the government-run Medicare program.

The new marketing rules, which took effect September 30, require sales representatives to explain to consumers how any plan being offered differs from the consumer's current plan before making a switch. The rules also require insurers and third-party marketing companies to submit advertisements to CMS for review before going public.

However, the sheer volume of Advantage plan advertising makes it unlikely that CMS will be able to catch every misleading sales pitch. CMS is asking consumers to report potentially misleading marketing efforts to 1-800-MEDICARE. Wisconsin residents can also report potential marketing violations to the Senior Medicare Patrol at 1-888-818-2611.

# Aging & Disability Resource Center of Dunn County

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

Manager: Tracy Fischer  
Social Workers: Amy White/Ruth Huske/  
 Wendy Sterry  
Nutrition Director: Bernie Allen

Elder Benefit Specialist: Bethany Schneider  
Caregiver Coordinator: Casey Schnacky  
Dementia Care Specialist: Carla Berscheid  
Disability Benefit Specialist: Lisa Schuler

Community Health Worker: Alida Moua  
ILSP Program Assistants: Mary Linberg and  
 Kathleen Kjenslee

**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.

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Income Based Housing

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### FOR RENT

## SUNNYSIDE APARTMENTS

Knapp, Wisconsin  
Income Based Housing

This institution is an equal opportunity provider and employer

715.308.3158

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# seniorreviewnewspapers.com

## UPDATED FOOD PANTRY HOURS

v10.23

Stepping Stones of Dunn County

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

|   |   |  |   |  |
|---|---|--|---|--|
| <b>MONDAY</b><br><b>Inside Only</b><br>1:00p<br>to<br>4:00p | <b>TUESDAY</b><br><b>Inside Only</b><br>10:00a<br>to<br>1:00p | <b>WEDNESDAY</b><br><b>Curbside Only</b><br>2:00p<br>to<br>6:00p | <b>FRIDAY</b><br><b>Curbside Only</b><br>2:00p<br>to<br>6:00p | <b>SATURDAY</b><br><b>Inside Only</b><br>9:00a<br>to<br>12:00p |
|---|---|--|---|--|

Mon/Tue/Sat - **Inside Shopping Only**. No curbside available.

Wed/Fri - **Curbside Shopping Only**. No inside shopping available.

**Check-in to receive meat, dairy, dry goods, bakery, fresh fruits & vegetables\***

Pick-up once a week  
This service is free and open to anyone.



\*as available

## POP-UP CURBSIDE FOOD PANTRY



Stepping Stones Food Pantry provides this service for families and individuals in rural Dunn County who have limited access to a food pantry.

### EVERY 1ST TUESDAY



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

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

### EVERY 1ST AND 3RD THURSDAY



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

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

### EVERY 2ND AND 4TH THURSDAY



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

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

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

*All pop-up pantries are closed holidays.*

**Editor/Publisher:** Brigit Olson | **Offices:** Senior Hi-Lites, 1826 Benton Avenue, Eau Claire, WI 54701 | **Advertising:** 715-831-0325 | **Email:** brigitt.olson@gmail.com  
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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<br>Easy chicken cordon bleu, Cheesy hash browns, Broccoli cuts, Wheat bread, Chilled pears                               | 2<br>Breaded baked fish, Baked potato, Monte Carlo blend Vegetables, Rice pudding with raisins               |
| 5<br>Breaded pork chop, Buttered new potatoes, Dilled carrots, Wheat bread, Grapes                    | 6<br>Herb baked chicken, Oven roasted sweet potatoes, Spinach salad, Apple crisp                              | 7<br>Baked spareribs, Sauerkraut, German potato salad, Perfect pinto beans, Pumpkin bread          | 8<br>Roast beef, Mashed potatoes, Brown gravy, Whole kernel corn, Cherry torte bar   | 9<br>Crumb topped baked fish, Basil garlic potatoes, Broccoli cuts, Fruit ambrosia salad                     |
| 12<br>Beef stroganoff, Noodles, Seasoned peas, Fresh banana   | 13<br>Roast turkey, Mashed potatoes, Turkey gravy, Herbed baby carrots, Wheat bread, Applesauce               | 14<br>Shepard's pie, Stewed tomatoes, Red velvet cake<br><i>Happy Valentine's Day</i>              | 15<br>Baked fish fillet, Lemon butter sauce, Twice baked potatoes supreme, Broccoli cuts, Wheat bread, 24 hour fruit salad | 16<br>Three bean chili with canned beans, Mixed green salad, Cornbread, Angel food cake, Maple whipped cream |
| 19<br>Open face hot turkey sandwich with gravy, Mashed potatoes, Turkey gravy, Broccoli, Apple slices | 20<br>Baked ham & pineapple, Scalloped potatoes, Pinto beans & bacon, Creamy frosted white cake               | 21<br>Old fashioned meatloaf, Baked potato, Sour cream, Creamy corn casserole, Frosted pumpkin bar | 22<br>Deluxe chicken pot pie, Herbed baby carrots, Dinner roll, Cherry cobbler   | 23<br>Tuna noodle casserole, Colorful coleslaw, Apricots   |
| 26<br>Pork chops with apples, Mashed sweet potato, Seasoned peas, Wheat bread, Sugar cookies          | 27<br>Beef pot roast, Brown gravy, Roasted red potatoes, Carrots with parsley, Whole wheat rolls, Banana cake | 28<br>Barbecue glazed chicken, Au gratin potatoes, Whole kernel corn, Wheat bread, Watermelon      | 29<br>Ham & cheese sandwich, Just bean soup, Crackers, Creamy coleslaw, Diced pears  |  |

## CAREGIVER COFFEE HOUR

1st Wednesday of the month  
9:30-11:00 a.m.  
Dunn County Government Center  
3001 US Hwy 12 E., Menomonie WI



A support group for caregivers. Join us for coffee and conversation in a safe and confidential space to connect with other caregivers.

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



**Stepping Stones of Dunn County**  
Food, Shelter, Support.  
1602 Stout Rd | Menomonie, WI | 54751  
715.235.2920  
People helping people strengthen the Dunn County community by providing food, shelter and support.

FOOD PANTRY      EMERGENCY SHELTER  
COMMUNITY CONNECTIONS

Give Help      Get Help

- Words:** Follow us on Facebook and tell others about our work in the community.
- Work:** Volunteer in our office, pantry, shelter, or community.
- Wallet:** Donate money, food, and supplies to help those in need.
- Pantry:** offers in-person, curbside, and pop-up options. See our website for dates/times of operation.
- Shelter:** provides emergency housing, assistance and referral services.
- Community Connections:** links volunteers to neighbors to provide supportive services.

For more information, visit [www.steppingstonesdc.org](http://www.steppingstonesdc.org)  
Stepping Stones is a tax-exempt 501(c)(3) charitable organization.

### PUT ME ON THE HI-LITES MAILING LIST

If you consider yourself homebound and are interested in having the Senior Hi-Lites delivered to you by mail, please complete the information slip below and return to our office. We will gladly add you to the list. Please Print. Check the box if you are interested in receiving information on the Home Delivered Meal Program.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

## ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF 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**

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

The Dementia Adult Day Services (DADS) program is an option during this meeting. To find more about this program and availability, contact the Senior Center at 715-235-0954



## Artful Expressions

SECOND MONDAY OF THE MONTH  
10:30 – NOON  
SHIRLEY DOANE SENIOR CENTER  
1412 6TH ST. EAST MENOMONIE  
CALL: 715-235-0954 TO REGISTER

**This free program is for people with dementia and their care partners. Explore the arts and find your creative spark!**

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[chippewacrementation.com](http://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 |
| <b>DOMESTIC ABUSE VICTIM ADVOCATE</b> |              |
| 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 |



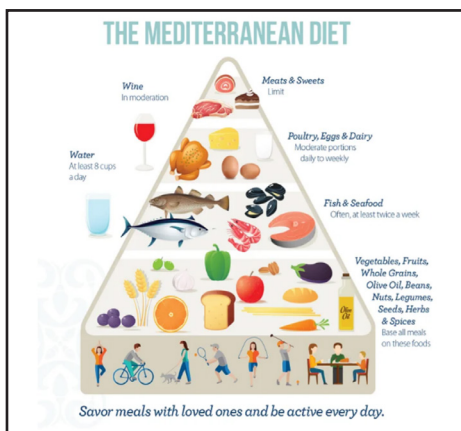
## Mediterranean Diet for Brain Health

Source: Clean Eating Magazine and Beneficial Bites



Submitted By Carla Berscheit,  
Dementia Care Specialist

With all of the fad diets out there, there seems to be one "diet" that is based on the lifestyle choice of over 20 countries in the Mediterranean region. There are several studies linking overall health, heart health and now brain health to the list of benefits of following this lifestyle.



A few common components include:

- Lots of olive oil, vegetables, fruits, beans and whole grains
- Limited consumption of dairy (yogurt and feta cheese are preferred dairy options)
- Moderate consumption of seafood
- Minimal sweets and butter
- Minimal red meat or other processed meats
- Moderate consumption of whole grain bread

### BAKED SWEET POTATO FRIES



#### Ingredients:

- 2-4 large Sweet Potatoes scrubbed clean, skin on, cut into 1/2 inch fries
- 2 T of olive oil (enough to lightly coat the potatoes)
- Season to taste:
- Paprika
- Garlic Salt
- Pepper
- Thyme or any spice you like including: Rosemary, Smoked Paprika, Oregano, Curry Powder, Chili Powder, Cinnamon, Nutmeg, Cardamom, Ground Ginger, Allspice, Cayenne, etc.

#### Directions:

Preheat oven to 400 degrees F. Line a baking sheet with parchment paper. Toss sweet potatoes with olive oil and chosen seasonings. Bake in oven for 30-40 minutes. Toss every 10 minutes to assure that all sides cook evenly. Adjust baking time according to how crispy you want your "fries."

### DILLED SALMON PASTA

#### Ingredients:

- 1 1/2 cups tricolored spiral pasta
- 1/2 cup light sour cream
- 1/2 cup light mayonnaise
- 1/4 cup chopped green pepper
- 2 Tablespoons chopped onion
- 2 teaspoons dill weed
- 1/4 cup chopped red pepper
- 1 can (7 1/2 oz) salmon, skin removed

#### Directions:

Cook pasta according to package directions. Meanwhile, in large bowl, combine next six ingredients. Drain and rinse pasta in cold water; add to sour cream mixture. Stir in salmon. Cover and refrigerate before serving.

Source: Beneficial Bites

For more information, you may want to read: *Diet for the MIND* by Dr. Martha Clare Morris; *High Octane Brain* by Michelle Braun

## 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.

### LEAVE YOUR MAINTENANCE WORRIES BEHIND

Most properties are pet-friendly and include community rooms, on-site laundry and off-street parking. Residents are responsible for 30% of adjusted income

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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

### Cajun Salmon with Greek Yogurt Remoulade

Source: [eatingwell.com](https://www.eatingwell.com)

#### Ingredients

- 4 (5 ounce) Alaskan sockeye salmon fillets (fresh or frozen, thawed)
- ¼ cup nonfat plain greek yogurt
- 1 small shallot, finely chopped
- 2 tablespoons finely chopped fresh Italian parsley
- 2 teaspoons cider vinegar
- 1 teaspoon prepared horseradish
- 1 teaspoon Dijon mustard
- ¼ teaspoon sweet paprika plus 1/8 teaspoon, divided
- 1/8 teaspoon garlic powder plus ¼ teaspoon, divided
- Pinch of salt plus ¼ teaspoon, divided
- Pinch of ground pepper plus 1/8 teaspoon, divided
- 3 teaspoons of olive oil, divided



#### Directions

1. Bring fish to room temperature by letting it stand on the counter for 15 minutes.
2. Meanwhile, whisk together yogurt, shallot, parsley, vinegar, horseradish, mustard, ¼ tsp. paprika, 1/8 tsp. garlic powder, and a pinch each of salt and pepper in a small bowl. Cover and refrigerate until ready to use.
3. Pat both sides of the fish dry with a paper towel. Brush both sides with 2 tsp. oil. Season both sides evenly with the remaining ¼ tsp. each salt and garlic powder, and 1/8 tsp. each paprika and pepper.
4. Heat the remaining 1 tsp. oil in a large nonstick skillet over medium-high heat. When hot, add the fish, skinned-side up. Cook, pressing down on the fish with a spatula, but otherwise not moving the fillets, until the undersides are golden, about 5 minutes.
5. Using the spatula, very carefully flip the fillets. Continue cooking, without moving, until the undersides are golden brown and the fish is opaque just beginning to flake, another 2 to 3 minutes. Serve immediately, with the remoulade.

Servings: 4; Total Time: 25 minutes

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- Noon meal daily
- Housekeeping and cable TV
- Transportation
- Walking trails and garden
- Heat and water included

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*Enjoy an independent life at The Oaks.*  
[www.mosaicinfo.org/oaks](http://www.mosaicinfo.org/oaks)

# Women Connected

A SUPPORT GROUP  
FOR WOMEN CAREGIVERS

*Menomonie Senior Center*  
1412 6th St. E., Menomonie, WI

**11:30 a.m. 2nd Wednesday of the month 2024**

|          |         |          |
|----------|---------|----------|
| Jan. 10  | May 8   | Sept. 11 |
| Feb. 14  | June 12 | Oct. 9   |
| March 13 | July 10 | Nov. 13  |
| April 10 | Aug. 14 | Dec. 11  |

*Gain a sense of empowerment and reduce the feelings of loneliness and social isolation. Share tips and improve or learn new, healthy coping skills.*

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

**The Neighbors of Dunn County Skilled Nursing Home Facilities**  
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 And so much more!

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

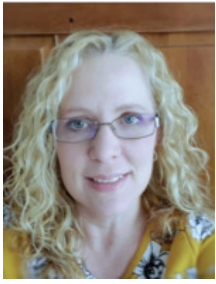
**Menomonie Area Senior Center**  
 1412 6th Street East  
 Menomonie, WI 54751  
 715-235-0954 email: [seniors@wwt.net](mailto:seniors@wwt.net)  
 Web: [menomonieseniorcenter.org](http://menomonieseniorcenter.org)

## Menomonie Area Senior Center February 2024



| SUN | MON  | TUE  | WED   | THU   | FRI  | SAT |
|-----|--|--|---|---|--|-----|
|     | <b>*By Appointment Only*</b>   |  |   | 1 8:30-9:15am Chair Yoga<br>9:45-10:45am Stronger Seniors-Intermediate*<br>10am-2:30pm ADS*<br>11-11:45am Stronger Seniors-Basic<br>12:30 ADRC Walk & Talk<br>1pm 500 Cards<br>1pm Private Dup Bridge | 2<br>10am-2:30pm ADS*<br>12-3pm Open Walking Gym<br>1-3pm Bingo  | 3   |
| 4   | 5 9-10:30am Tai Chi<br>10am-2:30pm DADS*<br>12-3pm Open Walking Gym<br>1pm Mah Jongg<br>1pm Euchre                                     | 6 8:30-9:15am Chair Yoga<br>9:45-10:45m Stronger Seniors-Intermediate*<br>10am Cribbage<br>10am-2:30pm DADS*<br>11-11:45am Stronger Seniors-Basic<br>1-3 pm Hand & Foot Cards  | 7<br>8:30am Foot & Nail Clinic*<br>9am-2pm Crafts/10am-2:30pm ADS*<br>11:30-12:30 Christmas in February Meal*<br>12-3pm Open Walking Gym<br>1pm Open Duplicate Bridge           | 8 8:30-9:15am Chair Yoga<br>9:45-10:45am Stronger Seniors-Intermediate*<br>10am-2:30pm ADS*<br>11-11:45am Stronger Seniors-Basic<br>1pm 500 Cards<br>1pm Open Party Bridge                            | 9<br>10am-2:30pm ADS*<br>12-3pm Open Walking Gym<br>1-3pm Bingo  | 10  |
| 11  | 12 9-10:30am Tai Chi<br>10am-2:30pm DADS*<br>12-3pm Open Walking Gym<br>1pm Mah Jongg<br>1pm Euchre                                    | 13 8:30-9:15am Chair Yoga<br>8:30am BOARD MEETING - SENIOR CENTER<br>9:30 Red Cross Info<br>9:45-10:45am Stronger Seniors-Intermediate*<br>10am Cribbage<br>10am-2:30pm DADS*<br>11-11:45am Stronger Seniors-Basic<br>1-3 pm Hand & Foot Cards | 14 Valentine's Day!<br>8:30am Foot & Nail Clinic*<br>10:30am ADRC Women Connected<br>9am-2pm Crafts/10am-2:30pm ADS*<br>12-3pm Open Walking Gym<br>1pm Open Duplicate Bridge    | 15 8:30-9:15am Chair Yoga<br>9:45-10:45am Stronger Seniors-Intermediate*<br>10am-2:30pm ADS*<br>11-11:45am Stronger Seniors-Basic<br>1pm 500 Cards<br>1pm Private Dup Bridge                          | 16<br>10am-2:30pm ADS*<br>12-3pm Open Walking Gym<br>1-3pm Bingo | 17  |
| 18  | 19 9-10:30am Tai Chi<br>10am-2:30pm DADS*<br>10am ADRC Purple Perk<br>12-3pm Open Walking Gym<br>1pm Mah Jongg<br>1pm Euchre           | 20 8:30-9:15am Chair Yoga<br>9:45-10:45am Stronger Seniors-Intermediate*<br>10am Cribbage<br>10am-2:30pm DADS*<br>11-11:45am Stronger Seniors-Basic<br>1-3 pm Hand & Foot Cards  | 21 8:30am Foot & Nail Clinic*<br>9am-2pm Crafts/10am-2:30pm ADS*<br><b>11:30am-12:30pm Senior Center In House Meal*</b><br>12-3pm Open Walking Gym<br>1pm Open Duplicate Bridge | 22 8:30-9:15am Chair Yoga<br>9:45-10:45am Stronger Seniors-Intermediate*<br>10am-2:30pm ADS*<br>11-11:45am Stronger Seniors-Basic<br>1pm 500 Cards<br>1pm Open Party Bridge                           | 23<br>10am-2:30pm ADS*<br>12-3pm Open Walking Gym<br>1-3pm Bingo | 24  |
| 25  | 26 9-10:30am Tai Chi<br>10am-2:30pm DADS*<br>10:30am ADRC Exploring Dementia<br>12-3pm Open Walking Gym<br>1pm Mah Jongg<br>1pm Euchre | 27 8:30-9:15am Chair Yoga<br>9:45-10:45am Stronger Seniors-Intermediate*<br>10am Cribbage/10am-2:30pm DADS*<br>11-11:45am Stronger Seniors-Basic   | 28<br>8:30am Foot & Nail Clinic*<br>9am-2pm Crafts/10am-2:30pm ADS*<br>12-3pm Open Walking Gym<br>1pm Open Duplicate Bridge   | 29  |  |     |

# 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.

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. 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. 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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10:00-11:30 A.M.

|          |   |         |   |          |
|----------|---|---------|---|----------|
| Feb. 19  |   | June 17 |   | Sept. 16 |
| March 18 | ♥ | July 15 | ♥ | Oct. 21  |
| April 15 |   | Aug. 19 |   | Nov. 18  |
| May 20   |   |         |   | Dec. 16  |

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| 2024 dates |             |
|------------|-------------|
| January 4  | July 11     |
| February 1 | August 1    |
| March 7    | September 5 |
| April 4    | October 3   |
| May 2      | November 7  |
| June 6     | December 5  |

No registration required. Questions, Contact the Aging & Disability Resource Center at 715-232-4006



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# UPCOMING SHOWS

## THE ROCKET MAN SHOW

FEBRUARY 3 | 7:30 P.M.

This is Elton! Crash land into THE ROCKET MAN SHOW, starring Scotsman Rus Anderson, Elton John's official 70's body double as featured in the 'Farewell Yellow Brick Road' world tour. Chosen by the man himself, Rus' performance pilots a night of greatest hits, gorgeous costumes & fierce piano playing.



## ON A WINTER'S NIGHT

FEBRUARY 17 | 7:30 P.M.

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## hairspray

## HAIRSPRAY

FEBRUARY 26+27 | 7:30 P.M.

You Can't Stop the Beat! Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (& even bigger hair) change the world?



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# New Law Would Allow Seniorcare Recipients To Receive 100-Day Medication Refills

By the GWAAR Legal Services Team



Submitted by Bethany Schneider,  
ADRC Elder Benefit Specialist

On December 6, 2023, Wisconsin Governor Tony Evers signed into law Senate Bill 263 (now Wisconsin Act 71), which could allow SeniorCare participants to purchase 100-day supplies for certain prescription drugs. During the COVID-19 pandemic, SeniorCare participants had been allowed to purchase 100-day refills of certain medications, instead of the 34-day supply that had previously been allowed. Those changes were only temporary, however, and expired in December 2022. Now, thanks to the new law, the approximately 100,000 individuals around the state who participate in SeniorCare may once again be able to take advantage of the benefits that come with the ability to purchase larger refills at one time.

For background purposes, the SeniorCare program extends Medicaid eligibility through Title XIX to cover prescription drugs as a necessary primary health care benefit. The SeniorCare program provides assistance to Wisconsin seniors in the purchase of prescription drugs. To be eligible for SeniorCare benefits, a person must pay an annual program enrollment fee, reside in Wisconsin, be at least 65 years of age, not be a recipient of prescription drug coverage through Medical Assistance, and have a household income that does not exceed 240% of the federal poverty line.

After paying an annual \$30 enrollment fee, SeniorCare members incur co-pays of \$5 for generic drugs and \$15 for brand-name drugs. Enrollees with incomes at or below 160% of the federal poverty level pay no other out-of-pocket costs, while those who fall into one of three higher income range categories must meet certain spenddown or deductible requirements.

If implemented, Wisconsin Act 71 would provide several important benefits to SeniorCare enrollees and healthcare providers, including:

- Saving money on prescription drug co-pays. Individuals enrolled in SeniorCare currently pay a \$15 co-pay for three 34-day supplies for generic drugs. Under the provisions of Wisconsin Act 71, however, they would only have one co-pay of \$5 for a 100-day supply. Brand-name drugs currently

require a co-pay of \$45 for three 34-day supplies; under the new law, SeniorCare participants would only have one co-pay of \$15 for a 100-day supply of a brand-name drug.

- Fewer trips to the pharmacy to pick up medications. This would especially benefit seniors who live in rural areas and often have to travel great distances to reach a pharmacy.
- Improved medication compliance, due to having better access to prescription drugs at home. Taking prescriptions as recommended is a critical factor in managing chronic health conditions. This, in turn, can lead to a reduced need for emergency interventions and hospitalizations, ultimately lowering healthcare costs for both individuals and healthcare institutions.
- Alleviating administrative burdens on healthcare providers and pharmacists by not requiring them to have to renew and refill prescriptions as often, allowing them more time to devote to patient care.



Before Wisconsin Act 71 can be implemented, however, the Wisconsin Department of Health Services (DHS) may apply for and receive a waiver of federal Medicaid laws from the Federal Secretary of Health and Human Services that would allow SeniorCare pharmacy providers to dispense certain medications in amounts up to a 100-day supply, as prescribed by a physician. It is unclear how long it could take for DHS to receive a waiver.

Even if a waiver is granted, however, some medications would not be eligible for the 100-day refills but would instead still require a monthly renewal. DHS would make this determination based on factors such as clinical considerations, safety, and costs.

If implemented, the new law would be a step towards creating a more accessible, efficient, and cost-effective healthcare system. It would also hopefully reduce the strain on physicians, pharmacists, and other healthcare providers and contribute to better health outcomes overall.

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