



Hi SENIOR Lites

- **Time To Review Your Medicare Plan: Prepare Early This Year!**
- **Changes To Unused Foodshare Benefits**
- **Health Benefits of an Apple**
- **October Recipes: Healthy Apple Muffins & Overnight Cinnamon Apple Baked French Toast Casserole**
- **Independent Living Support Pilot**



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

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

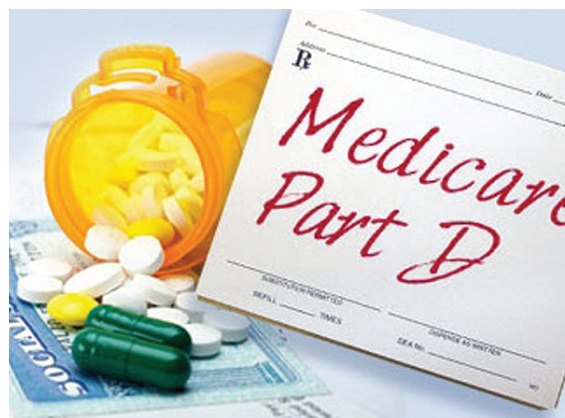
By the GWAAR Medicare Outreach Team



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2024! The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period, which runs October 15 through December



7th. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2024. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

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

year. You can compare plans on the official Medicare website at [Medicare.gov](https://www.medicare.gov). Medicare beneficiaries in Dunn County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialist at the Dunn County ADRC.

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

Assistance is also available through the following resources:

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

Dunn County Aging & Disability Resource Center
3001 US Highway 12 East, Suite 160 Menomonie, WI 54751



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/
Ashley Williams/ Wendy Sterry/Kelly Bien

Nutrition Director: Bernie Allen
Elder Benefit Specialist: Bethany Schneider
Caregiver Coordinator: Casey Romsos

Dementia Care Specialist: Carla Berscheid
Disability Benefit Specialist: Lisa Schuler
Community Health Worker: Alida Moua

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.

FOR RENT

MEMORIAL HEIGHTS APARTMENTS

Menomonie, Wisconsin

Income Based Housing

This institution is an equal opportunity provider and employer



715.235.0656



FOR RENT

SUNNYSIDE APARTMENTS

Knapp, Wisconsin

Income Based Housing

This institution is an equal opportunity provider and employer



715.308.3158



STEPPING STONES FOOD PANTRY

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

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
1:00p to 4:00p	10:00a to 1:00p	2:00p to 6:00p	2:00p to 6:00p	9:00a to 12:00p

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.

Find us at
seniorreviewnewspapers.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
2 Open face hot turkey sandwich with gravy, Mashed potatoes, Turkey gravy, Broccoli, Apple slices	3 Baked ham & pineapple, Scalloped potatoes, Pinto beans & bacon, Creamy frosted white cake	4 Old fashioned meatloaf, Baked potato, Sour cream, Creamy corn casserole, Frosted pumpkin bar	5 Deluxe chicken pot pie, Herbed baby carrots, Dinner roll, Cherry cobbler	6 Tuna noodle casserole, Colorful coleslaw, Apricots
9 Pork chops with apples, Mashed sweet potato, Seasoned peas, Wheat bread, Sugar cookies	10 Beef pot roast, Brown gravy, Roasted red potatoes, Carrots with parsley, Whole wheat rolls, Banana cake	11 Barbecue glazed chicken, Au gratin potatoes, Whole kernel corn, Wheat bread, Watermelon	12 Ham & cheese sandwich, Just bean soup, Crackers, Creamy coleslaw, Diced pears	13 Italian meat sauce, Spaghetti noodles, Spinach cranberry salad, Garlic bread sticks, Iced brownie
16 Salisbury steak, Gravy, Parslied potatoes, Stewed tomatoes, Wheat bread, Pineapple tidbits	17 MEAL SITES CLOSED FOR STAFF TRAINING	18 Meat lasagna, Romaine and onion salad, Garlic bread, Mandarin oranges	19 Easy chicken cordon bleu, Cheesy hash browns, Broccoli cuts, Wheat bread, Chilled pears	20 Breaded baked fish, Baked potato, Monte Carlo blend Vegetables, Rice pudding with raisins
23 Breaded pork chop, Buttered new potatoes, Dilled carrots, Wheat bread, Grapes	24 Herb baked chicken, Oven roasted sweet potatoes, Spinach salad, Apple crisp	25 Baked spareribs, Sauerkraut, German potato salad, Perfect pinto beans, Pumpkin bread	26 Roast beef, Mashed potatoes, Brown gravy, Whole kernel corn, Cherry torte bar	27 Crumb topped baked fish, Basil garlic potatoes, Broccoli cuts, Fruit ambrosia salad
30 Beef stroganoff, Noodles, Seasoned peas, Fresh banana	31 Roast turkey, Mashed potatoes, Turkey gravy, Herbed baby carrots, Wheat bread, Halloween treat			

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 _____

DEMENTIA ADULT DAY SERVICES (DADS)

Are you caring for a loved one with dementia? Need some respite? Check out the DADS program

Mondays & Tuesdays 10 AM - 2:30 PM

SHIRLEY DOANE

SENIOR CENTER

For more information call:

715-235-0954

or email: seniors@wwt.net

We offer affordable help to caregivers in the community



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.

Pantry offers in-person, curbside, and pop-up options. See our website for dates/times of operation.

Work. Volunteer in our office, pantry, shelter, or community.

Shelter provides emergency housing, assistance and referral services.

Wallet. Donate money, food, and supplies to help those in need.

Community Connections links volunteers to neighbors to provide supportive services.

For more information, visit www.steppingstonesdc.org

Stepping Stones is a tax-exempt 501(c)(3) charitable organization.

ACTIVITY CALENDAR FOR SITES IN DUNN

ACTIVITY CALENDAR FOR THE MONTH OF OCTOBER 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



TIME	TOPIC	SPEAKER
Monday October 23, 2023 9AM – 2PM	Rassbach Heritage Museum - Holtby Hall 1820 John Russell Road, Menomonie, WI	Bus ###
9:00 – 10:00 AM	REGISTRATION & RESOURCE FAIR WITH REFRESHMENTS	
10:00 – 10:05	Welcome & Announcements Adoray & Dunn County ADRC	
10:05 – 12:05	INSPIRATIONAL KEYNOTE The Fish Approach to Dementia Care <i>Guided by Teepa Snow's Positive Approach to Care, attendees will walk away with more tools to support their caregiving journey.</i> Sheri Fairman ~ Dementia Care Solutions & Certified Independent Trainer and Consultant with Teepa Snow's Positive Approach to Care	
12:05 – 12:45	LUNCH BREAK & RESOURCE FAIR Mini Clinic testing blood pressure, grip strength, and balance Learn How to Make Your Own Aromatherapy Spray @ 12:30pm	
12:45 – 1:00	Plan Today for Peace of Mind Tomorrow <i>(Advanced Care Planning & CPR Decisions)</i>	Britta Ruff MSW & Kathy GatesNP ~ Adoray
1:00 – 2:00	Palliative Care vs. Hospice <i>(Levels of Care to Help You Age in Place)</i>	Dr. Simon Mittal ~ Adoray
2:00 PM	CLOSING COMMENTS & DOOR PRIZES	
2:30 – 3:15	HANDS-ON WORKSHOP (OPTIONAL) Dementia Live Experience Carla Berscheit ~ Dunn County ADRC	

For more information or to register:

(715) 629-1888 [adoray.org/events](https://www.adrc.org/events)

Hosted by: Adoray Home Health & Hospice, Dunn County ADRC, and Rassbach Heritage Museum

Sponsorship Opportunities Available – Please contact Amber abettinger@adoray.org or Carla cberscheit@co.chippewa.wi.us

Empowering Dementia Caregivers

Virtual Training

About Savvy:

The Savvy Caregiver training is a free class. It is a proven, research based training that will teach you strategies and real-world skills; as well as decrease stress for you and the person you care for.

To Register, call the ADRC at 715-726-7777 or use this link https://form.jotform.com/ADRC_adrc/savvy-caregiver

Registration Deadline
October 3, 2023

Training will cover:

- Types of Dementia
- How decline affects behavior
- Meaningful Activities
- Skills to manage daily life
- Effective Communication
- Career of Caregiving

Tuesdays

October 10 -

November 14

2:00 - 4:00 pm

join us virtually from your home!

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



Changes To Unused Foodshare Benefits *By the GWAAR Legal Services Team*



*Submitted by Bethany Schneider,
ADRC Elder Benefit Specialist*

Starting September 17, 2023, unused FoodShare benefits may expire if a person has not used their QUEST or EBT card in the past 274 days (about nine months). The previous rule allowed 365 days (one year) before benefits expired.

You do not have to spend down all FoodShare benefits within nine months, nor is there a minimum transaction amount you must make for your card to remain active. You can still use your QUEST card if there are benefits on it, even if you are no longer eligible for FoodShare.

A person will get notice before their unused benefits will be removed from their account (called expungement). In August, people with benefits at risk of expiring in September because of the policy change were sent a letter. It included their current account balance, what to do to not lose their benefits, and options for assistance. Those in households that have a cell phone number on file with the Wisconsin Department of Health Services (DHS) will also get a text message alert.

DHS has also added information about why benefits expire and how to prevent it from happening to the letters sent to households after 60 days of EBT card inactivity and about two months before they are scheduled to lose benefits.

More Information

- If current or former members can't find their EBT card or their card is damaged, they can call QUEST Card Customer Service at 877-415-5164 and ask for a new one. QUEST Card Customer Service can also provide assistance with establishing a new PIN, checking account balances, and reporting a lost or stolen card.
- Current or former FoodShare members that have questions regarding their program eligibility or benefits can check their benefits, see how they've used them, and learn about upcoming deposits by logging into ACCESS or by using the MyACCESS app. The MyACCESS mobile app is free on the App Store or Google Play.

- FoodShare members can also call their IM agency.
- Members can check the amount on their card at any time by going to the ebtEDGE website.



Monday D.I.S.H. Dementia Informed Super Heroes

Are you working and caring for a parent or family member with dementia? Join us virtually for support and resources



First Monday of the month

7 pm to 8 pm



To register, contact Scott Seeger at 715-261-6066
Email: scott.seeger@adrc-cw.org

OCTOBER IS APPLE PICKING SEASON IN WISCONSIN!



Submitted by Bernie Allen, ADRC Nutrition Program Coordinator



Health Benefits of an Apple

Apples are not just crunchy, sweet and satisfying. As part of a smart diet, they can help protect against serious diseases, including heart disease, diabetes, cancer and more. Consider them your healthy secret weapon. Studies show apples have powerful health benefits, particularly when it comes to fighting chronic diseases. Here's a short list of how eating more apples can help keep you healthy.

1. Protects Your Heart

Multiple studies show apples are good for your heart, in multiple ways. Their high fiber content has been shown to help improve cholesterol levels (lowering bad LDL cholesterol and increasing good HDL cholesterol), according to researchers from Florida State University. A review of data from three major studies also found that people who ate whole fruits, including apples, were less likely to develop high blood pressure. A Women's Health Study showed that women who ate apples over the seven-year study period had up to a 22 percent reduced risk of heart disease.

2. Boosts Brain Health

A group of four large studies presented at the Alzheimer's Association's International Conference in 2017 adds to the evidence that eating a plant-based diet may help prevent dementia. In one of the studies, Swedish researchers following 2,000 people for six years found that those who stuck to a diet called the Nordic Prudent Dietary Pattern (NPDP) had better cognitive function than people who ate more fatty, processed foods. Among other things, the NPDP calls for eating plenty of non-root vegetables, plus pears, peaches and apples.

3. Helps you Lose Weight

One medium apple can help fill you up for under 100 calories, so it's no surprise that apples can help with weight loss. Turns out it's what form of apple you eat that counts. In one study, people who ate apple slices before a meal felt fuller and more satisfied than people who had applesauce, apple juice or no apples at all. The same study also found that starting a meal with apple slices helped people eat an average of 200 fewer calories compared to those who skipped the apple slices.

4. Lowers Your Risk of Type 2 Diabetes

In a study of more than 38,000 healthy women, those who ate one or more apples a day had a 28 percent lower risk of type 2 diabetes than the non-apple eaters. In a review of data from more than 187,000 people involved in three long-term studies, Harvard researchers found that people who ate at least two servings a week of blueberries, grapes and apples lowered their diabetes risk by 23 percent, compared to people who had one serving or less a month. Experts say the fruit's fiber helps stabilize blood sugar.

5. Fights Cancer

Apples rank second only to berries in antioxidants, making them superheroes when it comes to fighting cancer. In fact, an analysis of several Italian studies found that eating one or more servings of apples a day helped lower the risk of colorectal cancer more than eating any other fruit. Other studies in humans have found that eating apples can be helpful in preventing lung and prostate cancer. Don't toss the peel, though-that's where most of the cancer-fighting antioxidants are found.

October Recipes:

Healthy Apple Muffins

Source: thecleaneatingcouple.com

Ingredients

- 1/3 cup applesauce
- 1/3 cup melted coconut oil
- 1/3 cup maple syrup
- 1/4 cup brown sugar
- 2 teaspoons vanilla extract
- 1/3 cup nonfat Greek yogurt
- 2 eggs
- 1/4 cup milk (or unsweetened vanilla almond milk)
- 2 cups whole wheat flour
- 1 teaspoon cinnamon
- 1.5 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 2 cups apples thinly sliced and then chopped into small pieces (about two apples)



Streusel Topping (Optional)

- 1 tablespoon melted butter
- 1 teaspoon cinnamon
- 1/4 cup sugar

Instructions

1. Preheat oven to 425 degrees.
2. In a bowl, mix together applesauce, oil, maple syrup, eggs, brown sugar, vanilla, Greek yogurt and milk.
3. Once these items are combined, add the 2 cups of whole wheat flour (add half cup at a time until just mixed), cinnamon, baking powder, baking soda and salt.
4. Gently fold in apples with a spatula.
5. Optional: Mix together streusel topping ingredients.
6. Add muffin lines to a muffin tray. Spray with cooking spray. These muffins rise high, and the edges can stick if you don't spray the entire tin.
7. Scoop the muffin batter into 12 muffin cups.
8. Add the streusel topping to each muffin.
9. Bake at 425 degrees for 5 minutes, then turn oven down to 350 for 14 minutes (or until a toothpick inserted in the center comes out clean). ***These muffins will rise high during the baking process.
10. Allow to cool for 15 minutes on a wire rack. Enjoy!

Servings: 12 Prep Time: 15 minutes

Cook Time: 20 minutes

Overnight Cinnamon Apple Baked French Toast Casserole

Source: liveloveandsugar.com

Casserole Ingredients

- 1 lb loaf Sourdough or French Bread, cut into chunks
- 3 cups chopped apples (2 large apples)
- 8 large eggs
- 2 cups milk (whole or 2%)
- ½ cup heavy whipping cream
- ½ cup sugar
- ¼ cup light brown sugar, unpacked
- 2 tsp vanilla extract
- 1 ½ tsp ground cinnamon

Streusel Topping

- ¾ cup all-purpose flour
- ¾ cup firmly packed brown sugar
- 1 tsp cinnamon
- 1 ½ tsp apple pie spice

Instructions

1. Grease a 9 x 13 inch casserole dish.
2. Combine the bread chunks and chopped apples and lay in an even layer in the bottom of the dish.
3. In a large bowl, whisk together the remaining ingredients, minus the streusel, and pour evenly over bread. Cover the

4. casserole and store in the fridge overnight.
5. When ready to bake the casserole, preheat the oven to 350 degrees.
6. Bake the casserole uncovered for about 35 – 40 minutes.
7. While casserole bakes, in another bowl, combine the dry ingredients for the streusel. Add the butter and mash into the dry mixture until it forms a crumbly mixture.
8. Remove the casserole from the oven and crumble the streusel over the top of the casserole.
9. Continue baking casserole for about 5 minutes, or until the streusel is melted over the top.
10. Serve the casserole warm with syrup.



Servings: 12 Prep Time: 15 minutes Cook Time: 40 minutes

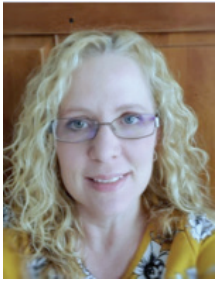
Shirley Doane Senior Center
1412 6th Street East
Menomonie, WI 54751
715-235-0954 email: seniors@wwt.net
Web: menomonieseniorcenter.org

Shirley Doane Senior Center October 2023



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9am-11am Tai Chi 8:30am-10:30am *ADRC Boost Brain & Memory RSVP Required 10:30am-2:30pm DADS* 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	3 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage/10:30am-2:30pm DADS* 11-11:45am Stronger Seniors-Basic * 1-3pm Hand & Foot cards	4 8:30am Foot & Nail Clinic* 9am-2pm Crafts / 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge / Euchre	5 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic * 1pm 500 Cards/ Private Dep Bridge	6 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	7
8	9 9am-11am Tai Chi 10:30am-2:30pm DADS* 12-3pm Open Walking Gym 1:30-3pm CVLR The Future of Energy 1-3pm Mah Jongg/Euchre	10 NO CHAIR YOGA TODAY 8:30am BOARD MEETING - SENIOR CENTER 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage/10:30am-2:30pm DADS* 10am-Noon QIL Blood Pressure & Sugar Screening 11-11:45am Stronger Seniors-Basic *	11 8:30am Foot & Nail Clinic* 9am-2pm Crafts / 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	12 NO CHAIR YOGA TODAY 9:00am-6:00pm Senior Center Tour-Million Dollar Quartet 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS*/11-11:45am*Strngr Srs-Basic 1pm 500 Cards/1pm Open Party Bridge	13 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	14
15	16 9am-11am Tai Chi 10:30am-2:30pm DADS* 10-11:30am CVLR Dunn County Community Resources* 12:30-2pm CVLR Cooking with Monica* 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	17 8:30-9:15am Chair Yoga 9:30-11:30am Flu Shot Clinic- Please Register* 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage/10:30am-2:30pm DADS* 11-11:45am Stronger Seniors-Basic * 1-3pm Hand & Foot Cards	18 8:30am Foot & Nail Clinic* 9am-2pm Crafts / 10am-2:30pm ADS* 10am-2:30pm AARP Safe Driving* 11:30-12:30PM SENIOR CENTER SPAGHETTI MEAL Sponsored by New Life Lutheran Church— Please RSVP 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	19 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic * 1pm 500 Cards 1pm Private Dep Bridge	20 9am-3pm Community Blood Drive-Sign up Required Call 1-800-733-2767 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	21
22	23 9am-11am Tai Chi 10:30am-3:00pm DADS* 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	24 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage/10:30am-2:30pm DADS* 10am-11:30am CVLR International Students Poster Display 10:30am-12pm Exploring Dementia Caregiving 11-11:45am Stronger Seniors-Basic * 1-3pm Hand & Foot cards	25 8:30am Foot & Nail Clinic* 9am-2pm Crafts / 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge / 500 Cards	26 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic * 1pm 500 Cards 1pm Open Party Bridge	27 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	28
29	30 9am-11am Tai Chi 10:30am-2:30pm DADS* 12-3pm Open Walking Gym 1-3pm Mah Jongg/Euchre	31 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am Cribbage/10:30am-2:30pm DADS* 10:00-11:30 CVLR 11-11:45am Stronger Seniors-Basic * 1-3pm Hand & Foot cards		Need Reservations *		

Independent Living Support Pilot



By Tracy Fischer,
ADRC Manager

The Wisconsin Department of Health Services (DHS) has launched the Independent Living Support Pilot program. This program is aimed to help Wisconsin residents of selected counties remain in their home longer. The program will give **short-term funding** for older people and people with disabilities, who meet certain requirements.

The ADRCs of Chippewa Dunn County, Chippewa County and Eau Claire County are partnering to bring this program to these Chippewa Valley counties.

This Pilot is paid for by the American Rescue Plan Act (ARPA) and as such, funding is for a limited amount of time. For more information about this program and other uses of ARPA funds in our state, please visit the DHS website <https://www.dhs.wisconsin.gov/arpa/hcbs-ilsp.htm>.

Eligibility	Examples of services to use the funding for:
<ul style="list-style-type: none"> • Resident of Wisconsin and a U.S. citizen or eligible immigrant. • Live in Dunn, Chippewa or Eau Claire County. • Be over age 18. • Not be currently enrolled in Family Care, IRIS, PACE or Partnership programs. • Not be living in a licensed or certified residential facility. • Income less than 300% of federal poverty level with no deductible or consideration of spousal income. • Have at least one eligible functional need. • If under 55, have a qualifying diagnosis (may be a long-term disability). 	<ul style="list-style-type: none"> • Medical equipment • Emergency response systems • Devices to make tasks easier/safer • Modifications to homes and cars • Personal Care • Supportive Care/Home Care • Education about caregiving • Snow removal • Lawn Care • Internet/Wi-Fi • More <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p>If you think you might qualify and are interested, call your ADRC (Dunn County: 715-232-4006) to talk more about your individual situation.</p> </div>



Fight The Flu With a Shot of Prevention

Keep your family healthy this cough and cold flu season with a flu shot. It's part of our wellness plan that includes everything you need, from preventive care to everyday remedies.

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One in four people age 65 or older has a fall each year.



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Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards both inside and outside your home
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

Stepping On has been researched and proven to reduce falls by 31%!

Where: Chippewa Falls YMCA (1-3pm) or Chippewa Senior Center (9:30-11:30am)

When: Wednesdays, 10/4/2023 – 11/15/2023

Register (3 ways):

1. Scan the QR Code at the bottom
2. Or www.co.chippewa.wi.us/adrc/events
3. Or call the ADRC at 715-726-7777



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Exploring Dementia Caregiving

Do you care for someone with dementia?
Join us for care strategies, resources and support

Fourth Tuesday of the Month

10:30—12:00

Shirley Doane Senior Center

1412 Sixth Street E,

Menomonie

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



2023 Dates

January 24
February 28
March 28
April 25
May 23
June 27
July 25
August 22
September 26
October 24
November 28
December 26

Menomonie Memory Café

2023 Dates

January 5
February 2
March 2
April 6
May 4
June 1
July 6
August 3
September 7
October 5
November 2
December 7

Memory Cafés are designed for people living with dementia and their care partners. This is an opportunity to gather and enjoy coffee and camaraderie

1st Thursday of the Month

10 am—11:30 am

Call 715-232-4006 for updated location!

registration is not required.
Gatherings will comply with
Dunn County COVID Guidelines



Virtual Support Groups



Are you a family caregiver of someone living with dementia? You don't have to do it alone. We have several virtual support groups available

Monday DISH - First Monday of the Month 7-8 pm. Contact Scott at scott.seeger@adrc-cw.org

Circle of Support - Third Tuesday of the month 2-3 pm. Contact Becky at becky.kamrowski@co.trempealeau.wi.us

Evening Conversations - Every Thursday night 7:30-8:30 pm. Contact Becky at becky.kamrowski@co.trempealeau.wi.us

Lunch Bunch - Third Thursday of the month 11:30 - 12:30 pm. Contact Katrina at 715-279-7870

Lewy Body Dementia - Second Wednesday of the month, 6-8 pm. Contact Janell at romatowskiji@comcast.net



CHIPPEWA VALLEY



"VISUALLY IMPAIRED PERSONS" SUPPORT GROUP

Assistance • Camaraderie • Resources

The Chippewa Valley VIP Support Group is a wonderful emotional support and educational group serving low vision, visually impaired, and blind individuals throughout the Chippewa Valley. We welcome all ages and backgrounds to attend the VIP meetings. Family members and care givers are welcome to attend as well. If you are newly diagnosed, we can help you through this process. If you have been living with vision issues, please come and share your experiences and knowledge. Blind and Visually Impaired Persons can do virtually anything with the right outlook, resources and support!

"You do not have to go through this process alone!"

VIP Group meets the 2nd Wednesday of the month from 12 Noon - 2 PM
(No Meetings in January, June, or December)
Lunch and transportation may be available.

Contact Us for More Information:

Renee: 715-379-9011

Pam: 715-563-8089

Mary: 715-832-6514

Email: ChipValleyVIP@gmail.com



Join Us on FaceBook:

Chippewa Valley VIP Support Group



October's Beauty

By Ken Anderson, The Mayberry Guru, themayberryguru@gmail.com

Unlike many people, I rather enjoy the end of summer. I look forward to the changes that come in the fall, and I especially enjoy the month of October. In the ancient Roman calendar, October was the name of the eighth month of the year. When the Romans converted their calendar system to a 12-month calendar, they attempted to rename the month after Roman emperors. However, this attempt failed, and the name October remained.

A lot of daylight is lost during October. From October onwards, we lose about 3 minutes of sun per day. We lose approximately 50 minutes by the end of the month. This year, on October 31, sunset in Eau Claire will occur at 5:56p.m. Our average temperatures also see a considerable change during October. Our high temperatures in Wisconsin for October are in the 57°F to 62°F range. Our low temperatures range from 32°F to 45°F.

These changes in daylight and temperature result in very different scenery in Wisconsin. The tree leaves change to their brilliant fall colors, gardens wither and die, and corn fields have become golden brown. It is the perfect time for leisurely drives through Wisconsin's beautiful countryside. I feel sorry for people who do not experience the beautiful change of seasons that we have every year.

Last October, I was chatting online with a young man who lives in Ghana, Africa. My wife and I help support his educational expenses through our church. He saw several photos of our home and asked me why the leaves were all different colors. Apparently,

he had never seen the beauty of fall colors. So I explained to him how our leaves change during the autumn season. He then asked about the pumpkins I had on our steps. He had never seen a pumpkin before, much less a jack-o-lantern. The concept of Halloween took a lot of work for him to understand.

Apple orchards, pumpkin patches, corn mazes, and cold frosty mornings are all part of the beautiful month of October. The sweet taste of caramel apples and the smell of burning leaves are nostalgic reminders of October when I was a child. I cannot imagine growing up without ever experiencing jumping into a massive pile of leaves or going for a hayride on a cold October night.



Sitting outside on a crisp October night is fun, drinking a hot coffee while a fire burns in our fire ring. The glow of Tiki torches adds to the atmosphere of the beautiful crisp fall evening. And I often send up a silent prayer giving thanks for living in Wisconsin.

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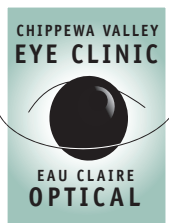


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UPCOMING SHOWS

TONY DANZA

Standards & Stories

OCT. 5 AT 7:30 P.M.

Combining timeless music with wit, charm, storytelling, and a dash of soft shoe and ukulele performances, Danza performs a selection of his favorite standards from the Great American Songbook while weaving in stories about his life and personal connection to the music.



BRUCE HORNSBY

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OCT. 18 AT 7:30 P.M.

Bruce Hornsby has built one of the most diverse, collaborative, and adventurous careers in contemporary music. Over the years he has successfully ventured into bluegrass, jazz, classical, and even electronica, winning him three Grammys.

MICHAEL CAVANAUGH

OCT. 22 AT 7:30 P.M.

A charismatic performer and musician made famous for his piano/lead vocals in the Broadway musical "Movin' Out." Cavanaugh reinterprets the modern pop/rock songbook and the music of Billy Joel & Elton John for a night of entertainment.

SEE ALL UPCOMING EVENTS AT PABLOCENTER.ORG

Do You Qualify for Social Security Spouse's Benefits?

Reprinted from blog.ssa.gov

Social Security benefits are a crucial part of millions of Americans' retirement income. If you don't have enough Social Security credits to qualify for



benefits on your own record, you may be able to receive benefits on your spouse's record.

To qualify for spouse's benefits, you must be one of the following:

- 62 years of age or older.
- Any age and have in your care a child younger than age 16, or who has a disability and is entitled to receive benefits on your spouse's record.

Your full spouse's benefit could be up to one-half the amount your spouse is entitled to receive at their full retirement age. If you choose to receive your spouse's benefits before you reach full retirement age, you will get a permanently reduced benefit. If you wait until you reach full retirement age to receive benefits, you'll receive your full spouse's benefit amount, which is up to one-half the amount your spouse can receive. You'll also get your full spouse's benefit if you are under full retirement age, but care for a child and one of the following applies:

- The child is younger than age 16.
- The child has a disability and is entitled to receive benefits on your spouse's record.

If you're eligible to receive retirement benefits on your own record, we will pay that amount first. If your benefits as a spouse are higher than your own retirement benefits, you will get a combination of benefits that equal the higher spouse benefit.

For example, Sandy qualifies for a retirement benefit of \$1,000 and a spouse's benefit of \$1,250. At her full retirement age, she will receive her own \$1,000 retirement benefit. We will add \$250 from her spouse's benefit, for a total of \$1,250.

Want to apply for either your or your spouse's benefits? Are you at least 61 years and nine months old? If you answered yes to both, visit <https://www.ssa.gov/retirement> to get started today.

Are you divorced from a marriage that lasted at least 10 years? You may be able to get benefits on your former spouse's record. You can find out more by visiting <https://www.ssa.gov/benefits/retirement/planner/applying7.html> page for more information.

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Outlive Yourself – Leave a Legacy

By Carl A. Trapani, MA, MS, LPC, Chippewa Manor Campus Chaplain

Everyone wants to know that their time on Earth has some significance. We want to be remembered and let others know we were here. Throughout history people have used statues, paintings, and monuments to ensure they will be remembered. The Egyptians mummified their rulers and buried them in pyramids to provide them with eternal life. The ancient Romans lined their highways with magnificent tombs for the rich and famous. Opulent tombs were a way to outlive the grave and impress the living. But only a wealthy few could afford them. The vast population were buried simply without any stone carvings or monument.

But each and every life is unique and significant. Whether noted or not, we all leave a legacy.

Author Nelson Henderson said, "The true meaning of life is to plant trees, under whose shade you do not expect to sit." Henderson's quote is about doing things in this life that will benefit people long after we have passed. We can build our legacy when we work for something greater than ourselves.

In 1924, Gutzon Borglum, a famous sculptor, looked at a granite mountain in South Dakota and declared, "American history shall march along that skyline." Three years later, Borglum began sculpting the images of George Washington, Abraham Lincoln, Thomas Jefferson, and Theodore Roosevelt on the face of Mount Rushmore. With 450,000 tons of granite to be removed, chisels and even jackhammers were not enough. Daily he worked on the creation of his artistic legacy; a monument in stone, which he called the "Shrine of Democracy." Sadly, he never got to see it finished. In February 1941 the 73-year-old Borglum underwent prostate surgery and died from a blood clot. He came within seven months of seeing his monument completed. His son, Lincoln Borglum, finished his father's work on October 31, 1941.



Over 3 million people each year come to see Gutzon Borglum's legacy carved in the stone of the Black Hills of South Dakota. His legacy is there for all to see. Borglum truly outlived his life by using his talents to create a magnificent monument for others to enjoy.

If you want to leave an impact, do something that will outlive you. That doesn't mean you have to carve a mountain, but you can do something that will continue to impact others long after you are gone. Living with a purpose bigger than yourself is the most valuable thing one can do. Ralph Waldo Emerson said, "To leave the world a bit better. . . To know even

one life has breathed easier because you have lived. This is to have succeeded." Whether through work, family, or community, you can leave a one-of-a-kind mark on the world.

We outlive ourselves by making a lasting difference in the lives of others. We accomplish this by sharing our time, talents, money, and memories with others. What you give enriches and enhances their lives. So, give of yourself – especially to your own family. Share your memories. Whether you are 30, 60 or 90 years old, you are the bridge to the past. You are the connecting generation to all the others - older and younger.

Sharing the good and tough times you have gone through helps build strength and faith in your children and grandchildren. Share your personal faith. Share how God was and is a part of your life. Share your values. Give your love, encouragement, and hope to all you know. Be positive about the future. Be optimistic. Share your talents, insights, and experiences with those you know and love. Don't be afraid to share your secrets – both your secret hopes and your secret fears. Those you love will carry what you have shared with them as part of your legacy long after you are gone.

Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. For more information please call (715) 723-4437 or email him at carl.trapani@chippewamanor.com.

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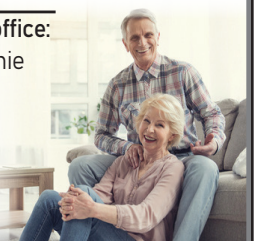
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Dental Dramas *by Kristi Gay, freelance writer*

The month of October means crisp fall days with colorful leaves, cozy sweaters and tall boots, pumpkin-spiced candles and cappuccinos, and of course, **Halloween candy** at the stores and on every reception desk you may visit. With you as my avid readers of the Senior Review, I know my audience is likely dealing with “dental drama” that comes with age and a lifetime of chewing amazing food, drinking amazing drinks, and if you’re like me, telling the dental hygienist you floss about twice as much as you actually do, potentially leading to this dental drama.

That’s why I’m here with Uncle Tom to DISCUSS DENTURES and what that Halloween candy you’re currently reaching for could be swapped with so you can keep that beautiful smile, or at least be able to continue chewing!

To me, he’s Uncle Tom, but to most he’s actually **Dr. Thomas J. Ruffedt, DDS**, who practiced dentistry at Blue Diamond Family Dental on Main Street in Bloomer, Wisconsin for over 40 years, including my own teeth and all of our extended family’s teeth from birth to age 30. I didn’t realize he was THE BEST DENTIST EVER at the time because I had never visited anyone else, but since he retired and I’ve moved around and have seen a handful of other dentists, now I know, HE IS THE BEST. So listen up!

In general we know all sugary foods and candy are not great for our teeth so I’ll skip that since we need to live a little, folks, it’s not like we are going to give up sugar, right!?! So here are Uncle Tom’s, aka Dr. Ruffedt’s Denture Demands for this Halloween season to keep your dentures or if you’re one of the lucky ones, your natural teeth, not only in your mouth but also keep them as beautiful as you are inside and out!

Dr. Ruffedt’s Halloween Denture Demands

- 1) **DROP THE TAFFY!** I know those orange- and black-wrapped caramel peanut butter kisses are a once-a-year delicacy but they will stick to your dentures and send them flying! We don’t need them dislodged or uncomfortable, so have a Reese’s PB Cup instead.
- 2) **JOLLY RANCHERS ARE NOT JOLLY TO YOU** (if you bite them) Biting down on hard foods can put too much pressure on crowns or bridges, leading to cracks or breaks. Try a soft Jolly Ranchers Bites candy instead!
- 3) **STOP CHEWING WITCH NAILS** (or anything else non-food) Subconsciously chewing on non-food things like fingernails, pen caps or pencils can ruin any teeth, especially dentures. Try crocheting or doodling to keep your hands busy instead!

This holiday season that kicks off with Halloween candy and before we know it will be sailing right to candy canes has its potential gleeful moments, potential lonesome moments, or potential stressful moments. But one thing you WON’T be stressing about is your broken or missing teeth or dentures thanks to Dr. Tom Ruffedt. Enjoy the fall and find something that you appreciate about each and every day!



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