



## APRIL 2023

### in this issue...

- ▶ Yvonne Bernier... A Life Remembered
- ▶ FoodShare Benefits Scam Alert
- ▶ Caring For Your Loved One At Home-Skills Fair
- ▶ Prevent Falls – Stepping On
- ▶ Stand Up and Move More Leaders Needed
- ▶ Chippewa County Hazardous Waste
- ▶ Veterans Service Office Update



## We're All Up North *By Leslie Fijalkiewicz, ADRC Manager*

I was doing a little mental math the other day and realized that in April, I will have 34 years working in programs and services of an Aging & Disability Resource Center (ADRC). Actually, truth be told, I've been doing this since before ADRCs came into existence...back when the programs were part of a county's Office on Aging, Department on Aging, Commission on Aging, Unit on Aging...or whatever it was referred to by that county.

All of my years have been in service to residents in the area affectionately referred to by people in Madison and points south as "up north". We are all Up North and collectively, we are also an area of the state that often feels slighted by legislation or decisions that seem to only benefit people in Madison or Milwaukee.

I've also had the pleasure of meeting with my local legislators and know that they are doing everything they can to represent our "up north" interests. But they need to hear from as many of us as possible and that is why Aging Advocacy Day is such an important annual event. It is an opportunity for older people to connect with their legislators about issues that are affecting so many. There is strength in numbers, which is also why we are trying to get as many people "up north" registered to attend this year's Aging Advocacy Day on May 9.



Here's what you need to know about Aging Advocacy Day 2023:

1. You don't need any experience with advocacy...you will get the training and support you need before you meet with state lawmakers.
2. State lawmakers WANT to hear from you and they are truly interested in what you have to say
3. You won't be alone...you will have others from your district with you
4. Nobody knows more about you and how something affects/affected you. You don't need to know the ins and outs of various pieces of legislation
5. If you are just too nervous to speak, you can be the moral support for others (remember that power in numbers thing!)

Check in starts at 9 a.m. at Best Western Premier Park Hotel with your training to begin at 10 am. Legislative visits will be scheduled from 1:00-3:00...you'll be given everything you need for those visits.

To Register for Aging Advocacy Day go to <https://gwaar.org/aging-advocacy-day-2023>. If you don't use a computer or you have other questions, give me (Leslie) a call at the ADRC. My number is 715-726-7779.

One final note...In addition to being in this line of work for 34 years, I've also been married for 35 years. And my husband is no more able to read my mind, than my legislators can. Well, he (my hubby) might be able to finish my sentence sometimes, but for the most part, he only knows what I want or think, if I tell him. Let's all head to Madison together and give our legislators the benefit of hearing our stories and knowing what we need or want. See Get On The Bus for information on page 2 about a free bus trip to get to Aging Advocacy Day!

<p><b>Save the Date</b></p> <p><b>Tuesday, May 9, 2023, 1:00 – 3:00 p.m.</b></p> <p><b>Aging Advocacy Day</b></p> <p>Wisconsin Aging Advocacy Network</p>	
<p><b>You are invited!</b></p> <p>Join aging advocates from across the state to share your story and prepare to make issues impacting older adults and family caregivers a top priority for state legislators in 2023 and beyond.</p> <p><b>Register at:</b></p> <p><a href="https://gwaar.wufoo.com/forms/z11p6eil0dbk2o8/">https://gwaar.wufoo.com/forms/z11p6eil0dbk2o8/</a></p> <p>More details coming soon!</p> <p><a href="https://gwaar.org/aging-advocacy-day-2023">https://gwaar.org/aging-advocacy-day-2023</a></p> <p>Contact: Janet Zander, 1414 MacArthur Rd., Madison, WI 53714, <a href="mailto:janet.zander@gwaar.org">janet.zander@gwaar.org</a>, (608) 228-7253</p>	
<p>#WisAgingAdvocacy2023</p>	

# A Life Remembered

When Yvonne Bernier was hired in May of 1998, she likely never expected to still be working 25 years later. After all, she was 61 years old, recently widowed, and just looking for something meaningful to do with her day. However, it is likely that soon after being hired, she probably started telling people that she planned to work as long as they (meaning Chippewa County) would let her!

With each passing year, she became more and more concerned about being “allowed” to keep working. This was always a bit ironic given the fact that she worked for an Aging & Disability Resource Center...an agency that promotes the importance of staying active and engaged in the community no matter the age!

Yvonne loved her job with the nutrition program and Chippewa County... well, other than the “computer stuff!” This was also an area that she repeatedly would say, “are you going to fire me because I can’t do computer stuff?” To which she would usually get the response, “Do you think we could find anyone who would be more dedicated and love their job more than you do?”

Yvonne was known by her coworkers and those who participated in the program for many things:

- Baked goods...she brought them almost every day and they weren’t just for people who were part of the nutrition program. She shared with everyone who stepped foot in the Senior Center
- Caring heart...if someone didn’t show up for dinner at the Senior Center, she was going to call and make sure they were okay. Likewise, if someone didn’t answer their door when meals on wheels were

delivered she wasn’t ending her day until she made sure this was followed up on

- Perfectionist with paperwork...she had a way of doing the paperwork and would run and re-run the numbers to make sure everything added up correctly.
- Appreciative...when someone helped her or volunteered for the program, she tried to always tell them thank you. This was especially true of anyone who would help her with computer related activities.
- Straight-shooter...she generally said what she was thinking and while most of the time this was appreciated, she was the first to say that sometimes it might have been better to not say anything!
- She lived in the same house for all of her 86 years, and she would share this because she knew it was nearly unheard of anymore, and because she was very proud of her roots!
- She was also very proud of her family and often shared what was going on in the lives of her children, grandchildren and great grandchildren.
- She thought it was a well-kept secret that she was bribing her coworkers to help her with her computer-related job duties.



Yvonne passed away on March 12, 2023 and will be remembered for many things, especially her dedication to making life better for so many of our Chippewa County residents. A quick calculation estimates that during her 25 years working with Senior Dining and Meals on Wheels, Yvonne served about 400,000 meals!

## ..... Get On The Bus! .....

It is often said that there is strength in numbers and sometimes the best way to improve our numbers is to bring everyone together. That is why we are taking a bus to Madison to share information with our Chippewa Valley legislators about issues that affect older people in our area! Get on the bus heading to Madison for Aging Advocacy Day on May 9th. There is no charge to ride the bus!

The Aging & Disability Resource Center (ADRC) of Chippewa County is collaborating with other ADRCs and New Freedom Transportation to take a comfortable bus to Madison for this event. The bus will leave around 6 a.m. and return before 7 pm. Location has not yet been determined but will be in the Chippewa/Eau Claire area.

So skip trying to navigate the traffic of Madison (especially near the Capitol)! Forget the challenge of finding a good place to park! Enjoy great conversation with others. Or maybe just take a nap. Just plan to get on the bus. Seating is limited so if you would like to catch a free ride to Aging Advocacy Day on May 9, call the ADRC of Chippewa County at 715-726-7777.

## Aging & Disability Resource Center (ADRC) Staff ... *Know us before you need us!*

- |   |  |  |
|---|--|--|
| • ADRC Manager – Leslie Fijalkiewicz  | • Elder Benefit Specialist – Michelle Fellom   | • Nutrition Program Assistant – Jeff Hahn, Jason Kolano  |
| • Administrative Assistants – Breanna Schemenauer, Renee Price, Carmen Olson, Carrie Schick | • Nutrition & Transportation Programs Coordinator – Kelly Zimmerman                            | • Nutrition Site Aides – Rose August, Sue Barnum, Kathy Boiteau, Mary Ann Brodbeck, Cathie Mercier, Linda Felmlee, Laura Henderson, Darcy Bjerke |
| • Dementia Care Specialist – Carla Berscheit  | • Options Counselors – Kasha White, Sarah Hedlund, Erika Stevens, Jessica Gibson, Sue Koepnick |  |
| • Disability Benefit Specialist – Stephanie Rasmussen                                       |  |  |

*Aging & Disability Resource Centers are the first place to go with your aging and disability questions. We are an “information station” where you can get accurate, unbiased information related to aging or living with a disability. Our job is to help you remain as independent as possible! Give us a call at 715-726-7777 or stop in at 711 N. Bridge Street (Courthouse), Room 118, Chippewa Falls.*

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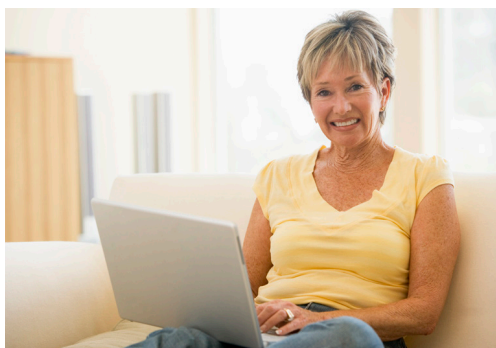
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Phone: \_\_\_\_\_

ADRC of Chippewa County  
711 N. Bridge Street, Room 118  
Chippewa Falls, WI 54729

# Social Security: Learning How the System Protects Your Financial Future

Reprinted from <https://blog.ssa.gov>

**M**ore and more women have entered the workforce every year, into many new professions and more prominent positions. At the same time, we saw a major change in the nation's voluntary retirement system—pensions steadily replaced by workplace savings accounts.



Women's income security continues to be a challenge. Women are overrepresented in the low-wage workforce, and many must work part-time to accommodate family caregiving responsibilities. As a result, many women have lower Social Security benefits and fewer savings in personal accounts and workplace plans.

Many women face serious retirement challenges. Lower wages and gaps in earnings—plus a longer life expectancy than men—make it even harder for women to make their savings last longer. For most women, learning about Social Security and how to maximize benefits is critically important to their financial security. Working women who lack financial knowledge often feel less confident when making financial decisions. Consequently, they are more likely to put off planning for retirement.

Economist Dr. Heidi Hartmann is an expert on women's issues and a

friend of ours at the Women's Institute for a Secure Retirement. Dr. Hartmann spearheaded important research about women's reliance on Social Security—and continues to share stories with a new generation of leaders. As founder and former president of the Institute for Women's Policy Research, she has helped address policies related to economic security and poverty for older working women.

Dr. Hartmann established a powerful coalition known as OWES, or the Older Women's Economic Security Taskforce. She created OWES to educate policy makers and leaders about the stake that women have in the social insurance system—specifically as an effective anti-poverty program for millions of women.

In 1999, Dr. Hartmann convened a conference described as “an historic event” by The Washington Post. More than 60 OWES leaders, experts, and policymakers attended the conference, which helped release a report proposing that caregivers earn a Social Security credit. Dr. Hartmann continues to focus on proposals that will modernize how women are rewarded for the full value of their work—both in the labor market and in caregiving for our elders and the next generation.

You should know how much you will receive from Social Security. To start, sign up for a personal My Social Security account at <https://www.ssa.gov/myaccount/> to get an estimate of future benefits. You can also learn more on the Social Security for Women page <https://www.ssa.gov/people/women/>.



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## Call to Action

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*Volunteers work under the direction of classroom teachers.*



## Eligibility

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 Enjoy working with children  
 "I can attitude"

**For more information contact:**  
 Mary Byrns, CESA 10  
[mbyrns@cesa10.k12.wi.us](mailto:mbyrns@cesa10.k12.wi.us)  
 (715) 720-2042

This program is available to all, without regard to race, color, national origin, gender, age, religion, sexual orientation, disability, gender identity or expression, political affiliation, marital or parental status, genetic information, and military service.

# SCAMS

## DHS Investigating FoodShare Benefits Scam

The Wisconsin Department of Health Services (DHS) is investigating a scam that targets FoodShare members through fake text messages. DHS is alerting members to take steps now to protect their benefits.



“It is alarming that scammers are going after public benefits like FoodShare that people rely on to feed themselves and their families,” said DHS Inspector General Anthony Baize. “We encourage FoodShare members to understand how to protect their benefits from these increasingly sophisticated scams and to report them when they happen.”

The DHS investigation is based on complaints from concerned FoodShare members about a scam instructing them to call a phone number to confirm their account and personal identification numbers (PINs) to avoid having benefits locked. Scammers then use this information to access and steal the benefits.

To limit the potential for benefit loss, DHS is removing access to all unauthorized phone numbers linked to cases within the investigation. DHS also is discontinuing and replacing all compromised QUEST cards and is conducting a review for each impacted member to determine if benefits should be replaced.

### Tips for protecting your FoodShare benefits

DHS advises members to take the following steps to protect their FoodShare benefits and QUEST cards:

- Monitor account balances on the MyACCESS mobile app or ebtEDGE website <https://www.ebtedge.com/gov/portal/PortalHome> do or using the ebtEDGE mobile app.
- Add or change optional account passwords to limit unauthorized access.
- Do not share account passwords and PINs with anyone who is not part of your household.

- Create unique account passwords and PINs.
- Avoid using email addresses and the names of family members and pets for passwords.
- Avoid using your birth date and year, as well as repeating numbers, such as 1111, numbers in a row, like 2345, and numbers that follow a pattern, like 1212, for PINs.
- Temporarily freeze QUEST cards between uses by using the ebtEDGE website or mobile app. When members need to purchase food, they will need to unfreeze their cards using the ebtEDGE website or mobile app. This helps prevent unauthorized benefit use.
- Block out-of-state and online purchases. Members can turn off this feature before traveling out of state or shopping for groceries online.
- Confirm that an email or text about your FoodShare benefits is from DHS, not a scammer. DHS sends official FoodShare texts from 94347 (WI DHS) and emails from [dhs@info.wisconsin.gov](mailto:dhs@info.wisconsin.gov). DHS FoodShare texts and emails never ask members for personal information, such as a birthday or Social Security number, or financial information, like a bank account or credit card number. DHS does not offer prizes or money to members for responding to these texts and emails.

Who you should call if you have questions about your FoodShare benefits or to report suspicious account activity

- Check your FoodShare card balance by calling QUEST Card Service at 877-415-5164 or using the MyACCESS mobile app, ebtEDGE website, or ebtEDGE mobile app. Using only these tools to check your card balance helps prevent unauthorized card access.
- Call Great Rivers Consortium (1-888-283-0012) to ask about suspicious FoodShare account activity, check account information, establish an account password, and ask general benefit questions.
- Call QUEST Card Service 24/7 to change PINs, immediately report lost or stolen cards, and to report suspicious FoodShare account activity outside of your local agency's business hours.
- Report any emails or texts about your FoodShare benefits that are not sent to you by DHS to Great Rivers Consortium (1-888-283-0012) and Wisconsin's Consumer Protection Hotline at 800-422-7128 or [DATCPHotline@wi.gov](mailto:DATCPHotline@wi.gov). This hotline is run by the Department of Agriculture, Trade and Consumer Protection. Be sure to avoid clicking any links in the email or text message or calling the phone number that sent you the text message or any phone number in the message.

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# Protect, Detect, and Report

## Three steps you can take to guard against Medicare fraud

Every day, Medicare fraud affects people with Medicare and their families across the U.S. – regardless of background. It’s not just the Medicare program that suffers when fraud occurs. Patients may also discover that they can’t get the health care they need.

If someone gets your Medicare number, they can make charges that may exhaust your allotment of benefits. If they charge Medicare for medical visits that you never made or equipment you didn’t purchase, your number could be flagged for overuse, and doctors may refuse to see you. These are just two examples of how fraud can end up hurting you directly.

Scammers know the ins and outs of the Medicare system and their attempts can be well thought-out. It’s not always easy to know when and where fraud is occurring. By remembering some simple but effective tips, you can protect yourself against scams, including identity theft and prescription drug fraud. Remembering to protect, detect, and report fraud helps everyone, including you.

### Protect

Protecting your personal information is your best line of defense against health care fraud. Treat Medicare, Medicaid, and Social Security numbers like credit card numbers. Never give them to a stranger and don’t carry your cards unless you need them for appointments. Medicare doesn’t call or visit to sell you anything. Outside of a trusted health care setting, never give this information to anyone who asks for it.

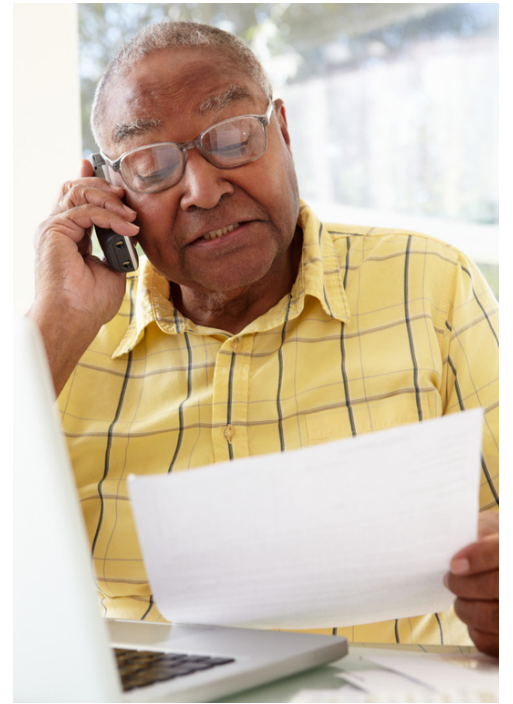
### Detect

No matter how careful you are, you may be targeted for fraud. Always review your Medicare statements closely. Things to look for include charges for something you didn’t purchase or receive, duplicate charges, and charges for services not ordered by your doctor. Compare these documents to your personal records and receipts. Recording medical

visits and procedures in a journal or on a calendar can help you keep track of what happened at each appointment and make it easier to spot inaccuracies.

### Report

If you suspect you’ve been a target of fraud, report it. This can help you and others at risk for fraud. If you have questions about your Medicare statements, call your health care provider. If you’re uncomfortable calling or are not satisfied with the response, help is available through your local Senior Medicare Patrol (SMP). SMP volunteers work with Medicare beneficiaries and their families and caregivers to stop health care fraud, errors, and abuse. You can also report suspicious calls and ask general questions through this resource. You can find your local SMP program by calling 1-877-808-2468 or at SMPresource.org. Suspected fraud also can be reported to 1-800-Medicare or by calling 1-800-HHS-TIPS.



### Don’t hesitate, if you need help.

Funded by the Administration for Community Living, part of the U.S. Department of Health and Human Services, the SMP programs provide outreach, counseling, and education by highly trained volunteers in a variety of locations. For free, confidential support, contact your local SMP program.



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## Support Groups in Chippewa Falls

*For those on a journey with dementia*



### Join Us

A support group is a safe place to learn, offer and receive helpful tips and meet others coping with Alzheimer's disease or other dementia.

The Alzheimer's Association is offering two support groups in Chippewa Falls to support families. Meetings are always free.

### Meet the Facilitator

Vern Weeks has been facilitating a Support Group in Chippewa Falls for more than 5 years. Vern is a retired clinical social worker and retired clergyman, so he brings a wealth of knowledge and compassion to the families he works with. He has a personal connection to the disease, as he lost an aunt to dementia.

*"The most important value support groups offer is they allow people to share about their experiences," Vern said. "It's reassuring to know that you're not the only one to struggle with the uncertainties that surround dementia."*

### Second Thursday of each month:

**Caregiver Support Group**  
(for caregivers only)  
**11:00 - 12:30 pm**

**Early-Stage Support Group**  
(for person living with dementia and their caregiver)  
**1:00-2:30 pm**

**Central Lutheran Church**  
**28 East Columbia St.**  
**Chippewa Falls**

### Questions/Register:

Contact Vern Weeks at 715.313.0635 or [vernweeks@gmail.com](mailto:vernweeks@gmail.com) or 800.272.3900

[www.alz.org/wi](http://www.alz.org/wi)  
24/7 Helpline 800.272.3900  
Hablamos Español 414.431.8811



## Why is He/She So LAZY?

If you care for someone with dementia you may have thought or said this? I want to challenge you to reframe your mindset. As the dementia disease progresses, the brain will shrink, there is less gray matter for the person to work with. One area of the brain that is often affected in Alzheimer's Disease is the Frontal Lobe. This area of the brain is right behind your forehead. This area is responsible for:

- Attention
- **Concentration**
- Orientation
- **Planning**
- Problem solving
- **Personality**
- **Thought generation**
  - Mood
- Relationships
  - **Insight**
  - Judgement
- **Motivation**



Did you see the items in bold? All of these components help us determine and plan out abstract thoughts of items that we want to accomplish. Another way to think of it is your internal to-do list. When someone with dementia's frontal lobe is affected, it is not a matter of they won't do something, or that they are stubborn or lazy. It's that they cannot initiate some tasks because their brain is not allowing them to do it.

People living with dementia still need purpose and meaning in their day, so if they have activities and hobbies that they once enjoyed and now seem to not take an interest in them, try initiating the task for them. Maybe once they get started they will keep going. Will they do it as well as they did years ago? Probably not, but the purpose is to engage them in something enjoyable that they can do successfully. The activity may need to be modified to ensure success. Give it a try.

## Caring for Your Loved One at Home

### A Skills Fair for Family Caregivers

PRESENTED BY THE CHIPPEWA VALLEY DEMENTIA COALITION

**Thursday, May 11, 2023 • 9AM - 3:30PM**

**Sleep Inn & Suites Conference Center • 5872 33rd Ave • Eau Claire**  
*Centrally located between Dunn, Eau Claire, and Chippewa County!*

### WHO SHOULD ATTEND

Family caregiver of a spouse, adult child, parent, friend or neighbor who is living with dementia, Parkinson's disease, stroke, etc.

### EVENT DETAILS

This Family Caregiver Skills Fair will help you learn practical skills with hands-on demonstrations by a registered nurse and physical, occupational, and speech therapists. Caregivers will learn how to provide everyday care for their loved ones.

### TOPICS COVERED

- Oral Care · Handling Medications
- Bathing & Dressing · Incontinence Management
- Body Mechanics and Transfer Equipment Demos
- Adaptive Equipment and More!

**Plus, presentations on palliative versus hospice care; meaningful activities; and Dementia Live (a simulation experience that immerses participants into what it might be like to live with dementia, resulting in deeper understanding and empathy)**

### REGISTRATION REQUIRED BY MAY 4

Online: <http://www.adrcevents.org>  
Call: 715-839-4735

Thanks to our generous sponsors, a light breakfast and lunch are provided at this no-fee event. **You must register by May 4 and commit to attending please.**

### VENUE SPONSORS



*Thank you!*

## Chippewa Valley Master Gardeners Association

*For supporting our Growing Connections Program for people living with dementia & their care partners*

## Growing Connections

Through the pandemic I think we have all felt the effects of social isolation, but did you know that social isolation can affect your brain health? Also, those with cognitive impairment still need social isolation, some research suggests it may slow the progression. Can you also imagine how isolating it can be for the care partner of someone living with dementia? When friends and family do not know how to help or relate to the cognitive decline it often leaves the primary caregiver without a lot of support.



That's why we are starting a new program in Chippewa County! It's called Growing Connections. It is a monthly gardening club for people living with dementia in the community and their care partners. Now, this does not necessarily need to be the primary caregiver. Maybe an adult child, adult grandchild, neighbor or sibling wants to join the person with dementia, giving the primary caregiver a break. Growing Connections was awarded a grant by the Chippewa Valley Master Gardeners Association to start this program. The gardening club will meet once a month and will cover a variety of topics related to indoor or outdoor gardening. Some of the topics include growing microgreens, making wildflower paper for planting, succulent gardens, and apples grown in Chippewa County. The club will meet once a month at the Chippewa Falls Public Library. What is special about Growing Connections is that we do not talk about dementia and we do not talk about caregiving, we just come together, visit and have fun.

For more information, check out the add in this newsletter. A special thank you to the Chippewa Valley Master Gardeners Association for supporting those living with dementia and their care partners in our community.

### Virtual Dementia Education Programs

Serving Northwest Wisconsin - April 2023



**Programs:**

**Powerful Tools for Caregivers 6-Week Class**

Wednesdays, April 4 - May 10, 10:00 am - Noon  
Katrina Longmire  
715-279-7870

**Boost Your Brain and Memory 7-Week Class**

Tuesdays, April 11 - May 23  
5:00 - 6:00 pm OR 7:00 - 8:00 pm  
[www.adrcconnections.org/registrations](http://www.adrcconnections.org/registrations)  
715-537-6225

**Support Groups:**

**DISH (working caregivers)**  
First Monday of the month, 7:00 - 8:00 pm  
Scott Seeger, [scott\\_seeger@adrc-cw.org](mailto:scott_seeger@adrc-cw.org)  
715-261-6066

**Circle of Support**

3rd Tuesday of the month, 2:00 - 3:00 pm  
Becky Kamrowski, [becky.kamrowski@co.trempealeau.wi.us](mailto:becky.kamrowski@co.trempealeau.wi.us)  
715-538-1930

**Evening Conversations**

Every Thursday, 7:30 - 8:30 pm  
Becky Kamrowski, [becky.kamrowski@co.trempealeau.wi.us](mailto:becky.kamrowski@co.trempealeau.wi.us)  
715-538-1930

**Moving Forward: Life After Dementia Caregiving**

2nd and 4th Tuesday of the month, 9:30 - 11:00 am  
Jenna Pogorels, [jpogorels@alz.org](mailto:jpogorels@alz.org)  
800-272-3900

**Lunch Bunch**

3rd Thursday of the month, 11:30 am - 12:30 pm  
Katrina Longmire, 715-279-7870

**Lewy Body Dementia Caregiver Support Group**

2nd Wednesday of the month, 6:00 - 8:00 pm  
Janell Romatowski, [romatowskji@comcast.net](mailto:romatowskji@comcast.net)  
Amy Lokken, [amy@mudmodular.com](mailto:amy@mudmodular.com)

**Program Descriptions:**

**Powerful Tools for Caregivers 6-Week Class**

A 6-week (once a week) educational workshop for people who are taking care of a family member or friend designed to support the family caregiver and improve his or her well-being. It does not teach hands-on care or focus on disease or other conditions, but rather helps the caregiver cope with the physical, emotional, and financial challenges of being a caregiver.

**Boost Your Brain and Memory 7-Week Class**

A unique program that takes on a holistic approach to improving brain health in older adults. Participants will learn new habits to maintain cognitive health while also practicing new skills for better memory performance.

**Support Groups**

Support for individuals caring for or who are concerned about a person living with dementia.

**Ashland Caregiver Conference**

Wednesday, April 19, 9:00 am - 3:00 pm  
Topics include: assistive technology, legal and financial planning, difficult conversations, protection from scams  
Ellie Webb, [ellie\\_webb@co.ashland.wi.us](mailto:ellie_webb@co.ashland.wi.us)  
715-682-7004, ext. 153

Coordinated by the Dementia Care Specialists Serving:  
Ashland, Barron, Bayfield, Burnett, Chippewa,  
Douglas, Dunn, Eau Claire, Iron, Pepin, Polk, Pierce, Price, St.  
Croix, Sawyer, Trempealeau, and  
Washburn counties

To locate your local Dementia Care Specialist, visit  
<https://bit.ly/dementiacarespecialist>

Local Tribal Dementia Care Specialist, visit  
<https://dpi.wi.gov/amind/tribalnationswi>



## Living Well With Memory Loss Events

<b>Apr 4</b>	<b>Jim Adams (author of Other Me's) @ Parkinson's Support Group</b> Time: 1:30 pm Location: Trinity United Methodist Recurring: 1ST Tues. every month
<b>Apr 4</b>	<b>Memory Café - Chippewa Falls</b> Time: 10am-11:30am Location: Central Lutheran Church Recurring: 1ST Tues. every month
<b>Apr 13</b>	<b>Early Stage Memory Loss Support Group</b> Time: 1pm-2:30pm Location: Central Lutheran Church Recurring: 2ND Thur. every month
<b>Apr 25</b>	<b>Memory Café - Cornell</b> Time: 10am-11:30am Location: Our Saviors Lutheran Church Recurring: 4TH Tues. every month
<b>Apr 27</b>	<b>Growing Connections (gardening group for people living w/memory loss)</b> Time: 1:00- 2:30 pm Location: Chippewa Falls Public Library Recurring: 4TH Thurs. every month
<b>May 2</b>	<b>Memory Café - Chippewa Falls</b> Time: 10am-11:30am Location: Central Lutheran Church Recurring: 1ST Tues. every month
<b>May 11</b>	<b>Early Stage Memory Loss Support Group</b> Time: 1pm-2:30pm Location: Central Lutheran Church Recurring: 2ND Thur. every month
<b>May 17</b>	<b>*Free Art Classes (designed for people living with memory loss and their care partners)</b> Time: 1:00-3:00 pm Location: Chippewa Falls Public Library Months of February, May, August
<b>May 23</b>	<b>Memory Café - Cornell</b> Time: 10am-11:30am Location: Our Saviors Lutheran Church Recurring: 4TH Tues. every month
<b>May 25</b>	<b>*Growing Connections (gardening group for people living w/memory loss)</b> Time: 1:00- 2:30 pm Location: Chippewa Falls Public Library Recurring: 4TH Thurs. every month

\* Registration Required call 715-723-1146

Trinity United Methodist Church - 201 West Central Street, Chippewa Falls  
Central Lutheran Church - 28 East Columbia Street, Chippewa Falls  
Chippewa Falls Public Library - 105 W. Central Street, Chippewa Falls  
Our Saviors Lutheran Church - 201 South 6th Street, Cornell

Find us at  
[seniorreviewnewspapers.com](http://seniorreviewnewspapers.com)

# ★ BRAIN HEALTH ★

## 2023 Alzheimer's & Dementia Caregivers Conference: "Building Strength and Resilience"

Hosted by Life Bridges Program of MAC, Inc. in partnership with



National Family Caregiver Support Program

Empowering caregivers and health care professionals with strategies, inspiration and resources

### Conference Topics Include:

- Thoughtful Hospitalization™
- Improving Mobility with Dance and Exercise
- Lecanemab Update
- Dealing with the Loss of a Spouse or Parent
- Managing Money
- Did You Know? Spotlights

**Wednesday, April 26, 2023**  
**8:30 am to 2:30 pm**  
**Virtual Conference**  
**4.5 CEU's Available**  
**See webpage for details**

To learn more or to register for the event, go to:

[macinc.org/alzdementiaconference/](http://macinc.org/alzdementiaconference/)

### Conference Sponsors:



\*This project is supported, in part by grant number 90ADPI10037-01-00 from the U.S. Administration for Community Living, DHHS, Washington, D.C. 20201.\*

# ★ HEALTHY LIVING ★

## Stepping On

© Clemons, Swann & Mahoney, 2022



**A fall could change everything**  
One in four people age 65 or older has a fall each year.  
You don't have to be one of them.

### Take a Stepping On workshop!

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 will learn:

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

### 7-week Fall Prevention Workshop

**WHEN:** Tuesdays, 10:00 am - 12:00 noon  
**April 11 - May 23, 2023**

**WHERE:** Grace Lutheran Church  
202 W Grand Avenue, Eau Claire

**COST:** No fee (\$10 suggested contribution)

#### Registration

Please register at least one week in advance by calling **715-839-4735** or online at [www.adrcevents.org](http://www.adrcevents.org).



*Stepping On has been researched and proven to reduce falls by 30%!*

Aging & Disability Resource Center, 721 Oxford Avenue, Room 1130, Eau Claire WI 54703  
715.839.4735 1.888.338.4636 tty: use Relay (711) [www.eauclaireadrc.org](http://www.eauclaireadrc.org) [adrc@co.eau-claire.wi.us](mailto:adrc@co.eau-claire.wi.us)

## Healthy Brain & Body HEALTHY SOUL



**Thursday, April 20 (Virtual)**  
**1:00-3:00 p.m. CST**



Jim Adams

### Healthy Living for Your Brain & Body 1:00-1:30 p.m.

Jim Adams, Alzheimer's Association Community Educator and author of *Other Me's: My Caregiver Experience with Lewy Body*, will share about how healthy living can improve healthy aging. Topics will include diet and nutrition, exercise, cognitive activity and social engagement.

### Old Minds, Young Souls: Why and How to Offer Spiritual Care During Dementia 1:30-3:00 p.m.

Chaplain Elisa Bosley, graduate of Stanford University and an influential writer and editor, will share her guidance to help meet the spiritual needs of elders, especially those with Alzheimer's and other dementias. Topics will include, the difference between spiritual and religious care, the benefits of spiritual care for a person living with dementia, how to support a loved one's (and your own) faith during the dementia journey and practical tools to lead spiritual activities.

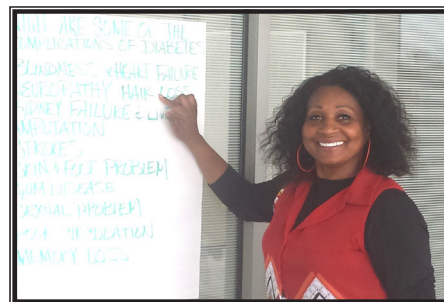


Chaplain Elisa Bosley

**FREE Registration:** [bit.ly/ALZHHBHS](http://bit.ly/ALZHHBHS)  
or 800.272.3900

Encouraged to attend: Family Caregivers,  
Activity Professionals, Spiritual Leaders,  
Community Members.

[www.alz.org/wi](http://www.alz.org/wi)  
24/7 Helpline 800.272.3900



**Healthy Living with Diabetes** is an evidence-based program for adults of all ages who have type 2 diabetes, pre-diabetes, or live with someone who does. In just 6 weeks, you learn to take charge of your health and get back to doing the things that matter to you.

**Build confidence** in your ability to manage your condition.

**You will get information and advice for:**

- Healthy eating: Meal planning and reading nutrition labels
- Short-term goal setting
- Feedback and problem-solving
- Stress and depression management
- Preventing low blood sugar, strategies for sick days, foot care, medication management
- Managing difficult emotions
- Tips for exercising
- Working with and communicating more effectively with family, friends, and medical providers
- Dealing with difficult emotions, and more!



## Healthy Living with Diabetes

A diabetes diagnosis brings big changes.  
Find solutions that work for you.

**Thursdays, 1:00 - 3:30 pm**  
**April 13 - May 18, 2023**  
(plus Certified Diabetes Educator on May 25)

**Location:**  
Eau Claire County Courthouse  
721 Oxford Avenue, Eau Claire

#### Registration

Please register at least one week in advance at [www.adrcevents.org](http://www.adrcevents.org) or call 715-839-4735.



Aging & Disability Resource Center, 721 Oxford Avenue, Room 1130, Eau Claire WI 54703  
715.839.4735 1.888.338.4636 tty: use Relay (711) [www.eauclaireadrc.org](http://www.eauclaireadrc.org) [adrc@co.eau-claire.wi.us](mailto:adrc@co.eau-claire.wi.us)



## Healthy Living Workshops Coming Soon

**Stepping On** fall prevention program (in person)

Are you feeling unsteady on your feet? Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just 7 weeks, you will learn: Strength and balance exercises you can adapt to your individual level. 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. To get back on your feet the right way if you do fall.



WHEN: Tuesdays, 10:00 am - 12:00 pm/ **April 11 - May 23, 2023**  
WHERE: Grace Lutheran Church, 202 W Grand Avenue, Eau Claire

**Healthy Living with Diabetes** (in person)

Designed for adults of all ages who have type 2 diabetes, pre-diabetes, or who live with someone who does. Learn how to manage the condition through 14 self-management tools. Topics include healthy eating and nutrition: food label reading and meal planning, dealing with stress, preventing low blood sugar and complications, physical activity, feedback and problem-solving, positive thinking, short-term goal setting, communicating with friends, family, and your medical team. Meets weekly for 6 weeks, plus optional class with a Certified Diabetes Care and Education Specialist.

WHEN: Thursdays, 1:00 - 3:30 pm/ **April 13 - May 25, 2023**  
WHERE: Eau Claire County Courthouse, 721 Oxford Avenue, Eau Claire

**StrongBodies Information Session** for new participants (virtual and phone conference)

Strength training is especially important as we age. Being physically active and socially connected are both essential for health and well-being. The StrongBodies program provides a safe environment for older adults to improve strength and balance with a fun group of peers. Learn more in this free orientation and sign up for classes starting in July.

WHEN: Thursday, 10:00 - 11:15 am/ **June 1, 2023**

For all of the workshops above, you must REGISTER at least one week prior: Call the ADRC of Eau Claire County at 715-839-4735 or go to [www.adrcevents.org](http://www.adrcevents.org). Chippewa County residents are welcome!

## Chippewa Falls Parkinson's Support Group

Trinity United Methodist Church  
201 W. Central Street  
Chippewa Falls

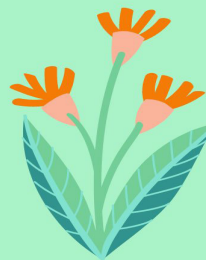
First Tuesday of each month at 1:30 pm

Spring 2023

**March 7** - Megan Stark - WI Parkinson's Disease Assoc

**April 4** - Jim Adams - Author of Other Me's

**May 2** - Stepping On Program



## Stand Up Move More Leaders

If you have a passion for helping people and a desire to improve your own activity level, consider becoming a trained leader for the Stand Up and Move More evidence based activity program.



Stand Up and Move More is a sedentary behavior reduction program shown to reduce sedentary behavior by sixty two minutes/day after the four-week program. The Wisconsin Institute for Healthy Aging (WIHA) is currently recruiting for an April facilitator training. If you or someone you know may be interested, please share the information regarding the upcoming training. To learn more and register, contact Leslie at the Aging & Disability Resource Center of Chippewa County. Or you can visit the WIHA Website at: <https://wihealthyaging.org/for-professionals/become-a-facilitator/>.

### TOPS (Take Off Pounds Sensibly)

is a low-cost weight loss support group. Each week the members weigh-in, encourage each other (no matter what the scale says), exchange tip & recipes, enjoy short programs that help us to be healthier. If you would like to get to a more comfortable weight with the help of new friends, join us.

We meet at Our Saviors Lutheran Church, 201 S 6th St. Cornell. Weigh-in is from 8:00-8:50 am, with the meeting starting at 9 am. Our members come from many communities because it is worth the drive!

If you would like more information, please call Linda at 715-595-3804.

Tip #29

### Help Yourself to Better Health Volunteer

No matter what cause you are passionate about, volunteering provides valuable benefits to the mission — and to you! Studies have shown that people who volunteer feel a greater sense of purpose in their lives and may experience a longevity boost.



# Chippewa Valley Advocates

Are you a take charge kind of person who enjoys being in the know regarding legislative bills affecting your well-being? Chippewa Valley Advocates might be for you! These Advocates come from different career backgrounds which contributes to a lively, educational meeting forum. All members are encouraged to voice their concerns pertaining to issues that affect older adults and persons with disabilities. Our interactive meeting format allows members to learn from one another and make the most appropriate advocating plans.



We will be advocating in Madison this Spring. Therefore, we are examining current proposed bills in Wisconsin with the intent to select one to present as a group. This will hopefully make for a more impactful “ask” for our legislators to consider when preparing the next state biennial budget.

Meetings are held monthly via Zoom making participation easier due to the distance some must travel. There will also be two or three in-person meetings each year which will offer more specific advocacy training. One of these yearly in-person trainings will be sponsored shortly before going to Madison to prepare us better for our meetings with legislators.

Join us for a regional meeting! You will also get to meet your advocacy counterparts in neighboring counties. We are the voice of older people, people with disabilities and those who care about them. Your voice is needed because many of the people we are advocating for, are vulnerable and unable to represent themselves!

Interest or questions can be directed to Patricia German by calling (715) 226-5361 or emailing [germanp@my.uwstout.edu](mailto:germanp@my.uwstout.edu)

You will then receive a Zoom link to attend a monthly meeting allowing you the opportunity to decide if becoming a Chippewa Valley Advocate meets your interests.

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Residential Living

**Convenient & Flexible!**  
SENIOR LIVING WITH REAL OPTIONS

- 1 & 2 bedroom apartment layouts
- Assisted living care provided in your apartment
- Flex on/off assisted living monthly as needed
- Located near clinics, hospitals, Hwy 53 & 29
- Fix your own meals or choose a dining plan-option

*Ask about Home Care or Short-Term Rehab apartment options*

Scan the QR code for a virtual apartment tour!

For more information call (715) 723-4437 ▶ [www.chippewamanor.com](http://www.chippewamanor.com)

## Volunteer Corner

April is Volunteer Appreciation Month and we'd like to send a **BIG THANK YOU** to our volunteers!

The Chippewa County Senior Nutrition Program cannot thank the volunteers enough who spend countless hours helping package, serve, and deliver meals. Through the sleet, snow, rain, and even the aftermath of a tornado, you show up to make sure tummies are full and smiles are given. Your generosity makes a BIG impact on staff, participants, and the community. A simple “thank you” sometimes doesn't seem like enough, but know it is truly and greatly appreciated!



With appreciation,  
Chippewa County Senior Nutrition Program Staff

## Lake Hallie Memory Care

A happier life for everyone...

THANK YOU FOR BEING WITH US FOR 10 YEARS!



Celebrating 10 Years of Exceptional Care



715-738-0011



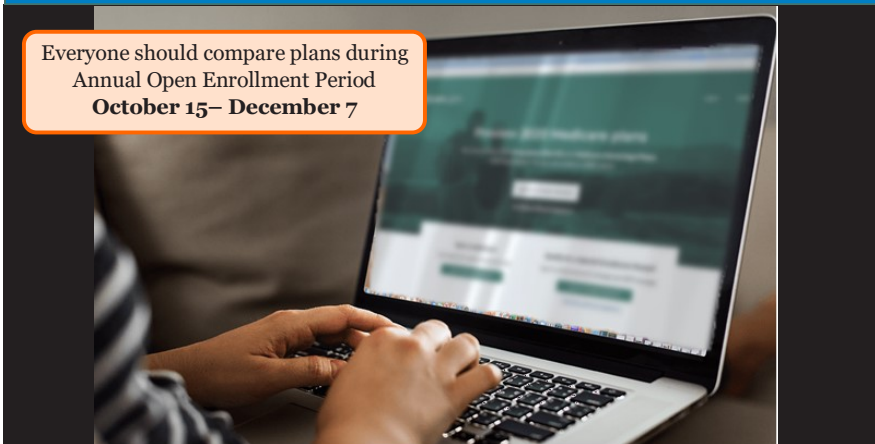
@MemoryCarePartners

Virtual tour available at: [LakeHallieMemoryCare.com](http://LakeHallieMemoryCare.com)

The Aging and Disability Resource Center (ADRC) brings you a presentation on:

## Compare Medicare Drug Plans Online

Everyone should compare plans during Annual Open Enrollment Period  
**October 15– December 7**



### Using Medicare's Online PlanFinder Tool

Did you know drug plans change their costs and coverage every year? Want to see if you can save money on drug costs? Don't get stuck in a plan that doesn't work for you. The power is at your fingertips!

Everyone on Medicare (or their caregivers) should compare plans every year during Open Enrollment either online or by calling 1-800-Medicare.

Learn how to navigate the Medicare.gov website, create an account, enter your drug list, pharmacy choices, and learn what to look for in a good plan & what's important to you. The ADRC provides free, unbiased information.

#### Registration Required

Must be able to operate a computer on your own to follow along on screen with the class.

Register: [www.jotform.com/ADRC\\_adrc/planfinderclass](http://www.jotform.com/ADRC_adrc/planfinderclass)

Or use your phone's camera to scan this code & register online.

Classes at CVTC Chippewa Campus  
**May 17, Oct 25, Nov 30 (11am-12pm)**

Questions? 715-726-7777 or  
[ADRC@co.chippewa.wi.us](mailto:ADRC@co.chippewa.wi.us)



2023

**NOW SEEING PATIENTS IN OUR NEW BUILDING**

DAMON STREET, EAU CLAIRE

# NEW BEGINNNINGS!

## CHIPPEWA VALLEY EYE CLINIC

### THE BEST CARE IN SIGHT

Cataract • Implantable lenses • Laser vision correction  
Eye exams • Contact lenses • Aging eye care  
Macular degeneration • Oculoplastics

**CHIPPewa VALLEY EYE CLINIC**  
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[cveclinic.com](http://cveclinic.com)

Eau Claire ... 715.834.8471  
2715 Damon Street, Eau Claire  
Rice Lake ... 715.234.8444  
Menomonie .. 715.235.8335

WE ACCEPT MOST INSURANCE PLANS  
OTHER LOCATIONS: BLACK RIVER FALLS, CUMBERLAND & DURAND

**Chippewa Valley Theatre Guild**  
presents

*Dan Goggin's*  
**NUNSENSE**  
*The Mega-Musical*

This super-sized Nunsense show about the Little Sisters of Hoboken is filled with catchy tunes, dancing, a wise-cracking nun, and some of the funniest sisters you've ever seen.

**7:30PM, MAY 4-6**  
**1:30PM, MAY 7**  
**JAMF THEATRE, PABLO CENTER**

**TICKETS: ONLINE AT CVTG.ORG 715/832-7529**  
**ADULTS/SENIORS \$35 STUDENTS \$15**

**GNCC** 60 YEARS Great Northern Corporation  
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Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)  
[www.smpwi.org](http://www.smpwi.org)  
WisconsinSeniorMedicarePatrol

### Preventing Medicare Fraud

#### Empowering Seniors to Prevent Healthcare Fraud

- PROTECT** your personal information
- DETECT** suspected fraud, abuse, and errors
- REPORT** suspicious claims or activities

Call us with questions about billing errors, scams and medical identity theft

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



## CHIPPEWA COUNTY 2023 Waste Tire Program



### A COUNTY PROGRAM

The Waste Tire program provides an opportunity for Chippewa County residents to dispose of their discarded tires for a low fee at convenient collection sites. This program provides an outlet for waste tires and assembles large amounts of waste tires sufficient to be loaded on semi-trailers and transported to facilities where the tires are converted to tire derived fuel (TDF).

### ELIMINATE HAZARDS

It is estimated that in Wisconsin five million used tires are discarded each year. Waste tires present a health hazard and are fertile breeding grounds for mosquitoes and other insects. Large stockpiles of waste tires pose a fire hazard.



SW/TIRES/FACT2023/11-22

### CORNELL COLLECTION DATES

Located at the Chippewa County Highway Shop at 20250 Cty Hwy K, just south of Cornell.

Wed., May 17	1 pm - 5 pm
Sat., May 20	8 am - Noon
Sat., September 9	8 am - Noon
Thurs., September 28	1 pm - 5 pm

### LAFAYETTE COLLECTION DATES

Located behind the Lafayette Town Hall, just south of County Hwy X, at 5765 197<sup>th</sup> Street.

Sat., April 15	8 am - Noon
Thurs., April 20	1 pm - 5 pm
Thurs., May 18	1 pm - 5 pm
Thurs., June 15	1 pm - 5 pm
Thurs., July 20	1 pm - 5 pm
Thurs., August 17	1 pm - 5 pm
Sat., September 9	8 am - Noon
Thurs., September 14	1 pm - 5 pm
Thurs., September 28	1 pm - 5 pm

### FEE SCHEDULE

	Res/Gov	Business
Passenger (through 15")	\$ 4	\$ 6
with rim	\$ 7	\$10
Passenger (16-17")	\$ 7	\$10
with rim	\$10	\$15
Truck (18-19")	\$13	\$16
with rim	\$17	\$21
Truck (20-22.5")	\$17	\$21
with rim	\$20	\$25
Truck (over 22.5")	\$22	\$27
with rim	\$30	\$38
Skidster	\$15	\$20
Tractor (to 28)	\$30	\$40
with rim	\$40	\$50
Tractor (over 28)	\$45	\$55
with rim	\$60	\$70
Heavy Equipment (under 500 lbs.)	\$65	\$75
Heavy Equipment (500-700 lbs.)	\$95	\$110
Bulk Loads	\$330/ton	\$340/ton

### FURTHER INFORMATION

Tire rims can be taken to a local scrap metal dealer for disposal. Where deemed necessary the County may require weight receipts (gross and tare) to determine the tonnage of waste tires brought for disposal. The County reserves the right to refuse acceptance of any waste tire for specific reasons. For more information regarding the tire collections call 726-7999.

## Chippewa County 2023 Household Hazardous Waste Clean Sweep Schedule



Take a look in your garage, kitchen, basement, or workshop. Some of the household products you find here may require special consideration in their use, storage, and disposal. Improper disposal of these products can cause fires, injuries to people and animals, and groundwater contamination. Chippewa County is making it easy for residents to get rid of household hazardous waste. Please consult the table below for a convenient time and location. Please call the Chippewa County Recycling Program at 715-726-7999 if you have any questions.

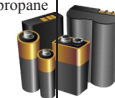
Date	Location	Time
Saturday Apr. 15	Northern Wisconsin State Fairgrounds 225 Edward St, Chippewa Falls Appliances, electronics, and scrap metal will also be accepted (fees may apply).	8 am - Noon
Saturday Sept. 23	Northern Wisconsin State Fairgrounds 225 Edward St, Chippewa Falls	8 am - Noon



### DO BRING:

Oil/solvent-based paints  
Antifreeze  
Solvents  
Wood preservatives  
Waste motor oil  
Fuel mixtures, kerosene, fuel oil  
Thinners, strippers, stains, varnish  
Mercury and other heavy metals  
Lead acid batteries

Heavy metal paints  
Corrosives  
Poisons  
Oil Filters  
Fluorescent bulbs  
Aerosol cans  
1 and 20 lb. propane cylinders



**Batteries:**  
(All batteries must have both terminals taped with clear packaging tape and sorted in order to be accepted.)

### DO NOT BRING:

Mattresses  
Tires  
Furniture  
Latex paint  
Radioactives  
Business waste  
Empty and dry containers  
Explosives or ammunition  
Biological and infectious wastes  
Pressurized cylinders  
Picric Acid  
Pesticides  
Fertilizers

**HAZARDOUS WASTE WILL BE ACCEPTED FOR FREE FROM ALL CHIPPEWA COUNTY RESIDENTS!!**

recycling/programs/clean\_sweep/hhwad2023

## "NEW" CHIPPEWA COUNTY APPLIANCE & ELECTRONICS RECYCLING PROGRAM AT

# FIRST CHOICE



RESIDENTIAL DROP OFF ONLY • OPEN 6 DAYS A WEEK!

### ITEMS

FREE AND REDUCED RECYCLING RATES • WE ACCEPT COMPUTERS, ELECTRONICS, T.V.'S, SMALL & MAJOR APPLIANCES!

SMALL APPLIANCES & FANS	FREE
WASHERS, DRYERS, FURNACES, STOVES, WATER HEATERS	FREE
ALL BATTERY CHEMISTRIES	FEES APPLY
TERMINALS MUST BE TAPED WITH CLEAR TAPE AND SORTED	
MICROWAVES	FREE
ALL WIRE & METALS	FREE
COMPUTERS, LAPTOPS, TABLETS, CELL PHONES, KEYBOARDS	FREE
HARD DRIVE SHREDDED	\$2.00
FLUORESCENT LAMPS	\$0.50 - \$2.50
LCD MONITORS	\$1.00
PRINTERS, SCANNERS, FAX MACHINES	\$1.00
VCR, DVD, TYPEWRITERS, RADIOS, STEREOS OR SATELLITE RECEIVERS	\$1.00
CRT MONITOR	\$3.00
LCD T.V.'S: UP TO 42"	\$5.00
LCD T.V.'S: 43" & UP	\$10.00
TREADMILLS & EXERCISE EQUIPMENT	\$15.00
T.V.'S: PLASTIC UP TO 27"	\$5.00
T.V.'S: PLASTIC 28" & UP	\$10.00
T.V.'S: WOOD CONSOLE OR PROJ.	\$10.00
FREON APPLIANCES	
DEHUMIDIFIER, AIR CONDITIONER, FREEZERS, REFRIGERATORS	\$20.00

525 Park Ridge Ct. Eau Claire, WI 54703

715.833.2005

www.firstchoicerecycling.com

RECYCLING HOURS: MONDAY-THURSDAY 8:00AM-5:00PM • FRIDAY & SATURDAY 9:00AM-1:00PM

### Clean Sweep Collection and Disposal Guidelines

- No commercial or industrial wastes will be accepted.
- All products must be in original containers or positively identified for liability and safety reasons.
- DO NOT MIX substances together – lethal products can result.
- Package carefully – line a cardboard box with a plastic bag or separate each product with folded newspaper.
- Before deciding to bring a product to the Clean Sweep consider using it up according to label directions or give it to a friend or neighbor who will use it as intended.

### An Ounce of Prevention

Your participation in Clean Sweep will prevent serious accidents in your home and the environment. You can clean hazardous materials out of your home and be rest assured they will receive proper disposal through Clean Sweep.

### Lending a Helping Hand

Do you have elderly or disabled neighbors or family members who can't make it to a Clean Sweep? Lend a helping hand and help the environment. Volunteer to take their household hazardous wastes to a Clean Sweep collection site for them.



### Latex Paint, What to do!?!?

Many Chippewa County residents wonder why Chippewa County Clean Sweep events have never accepted latex paint. Latex paint is composed of primarily water and small amounts of other materials which are essentially non-toxic. Because latex paint is made up of primarily water it can be evaporated and dried out by the homeowner and does not need to be handled through an expensive Household Hazardous Waste Clean Sweep Program. Here are some tips on how to dispose of latex paint at home.

#### For small amounts of paint:

- # Remove the lid and let the paint dry in the can. Stir the paint occasionally to speed drying.
- # Or, brush paint in layers on newspaper or cardboard.

#### For larger amounts of latex:

- # Pour one-inch layers of paint into a cardboard box lined with plastic. Allow the paint to dry one layer at a time - thin layers will speed up the drying process.
- # Or, mix paint with cat litter, sawdust or redi-mix concrete (1:1 ratio) in cardboard boxed lined with plastic and let dry.

Throw the completely dried paint, cans and other materials in the trash. Leave the lids off paint cans so garbage haulers will see that the paint is dry and accept them.

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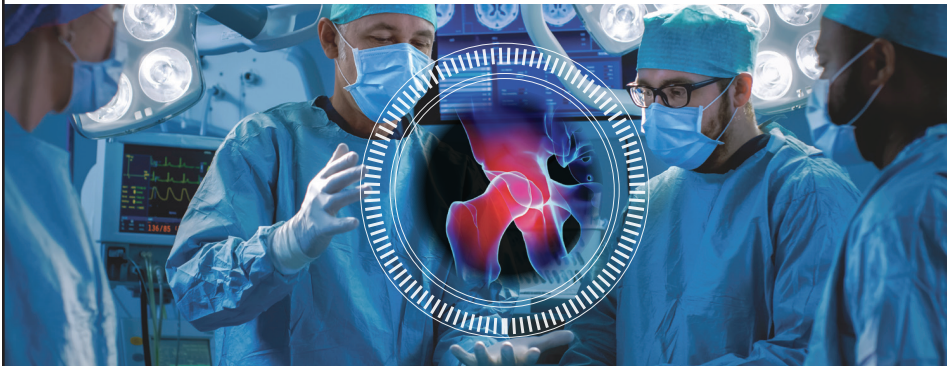


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The Aging and Disability Resource Center of Chippewa County Presents

# Medicare & You Classes



## Receive Unbiased Medicare Information!

New to Medicare or want to know more about those Medicare commercials you keep seeing? Wondering where you can go for objective Medicare information?

We will cover multiple topics including enrolling in Medicare, the parts of Medicare, the difference between Advantage Plans, Supplements & drug coverage options.

This is open to anyone new to Medicare, currently on Medicare, caregivers, families and community partners. There is no cost to attend.



Follow the ADRC of Chippewa County on Facebook

### Registration Required

[iotform.com/ADRC\\_adrc/medicareandyou](http://iotform.com/ADRC_adrc/medicareandyou)

Or use your phone's camera to scan this code & register online.

Or contact us to register:  
 715-726-7777 or [ADRC@co.chippewa.wi.us](mailto:ADRC@co.chippewa.wi.us)

Located at the Chippewa County Courthouse  
 711 North Bridge Street, Chippewa Falls, WI

1st Thursdays..... 5:00 – 7:00 pm  
 3rd Wednesdays..... 1:00 – 3:00 pm

### Upcoming Dates:

April 6th ..... 5:00 – 7:00 pm  
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For more information on your long-term care options, contact your local ADRC.



DHS Approved 5/27/2021

# Your Veterans Service Office Update

## The VA does not provide Dental healthcare unless:

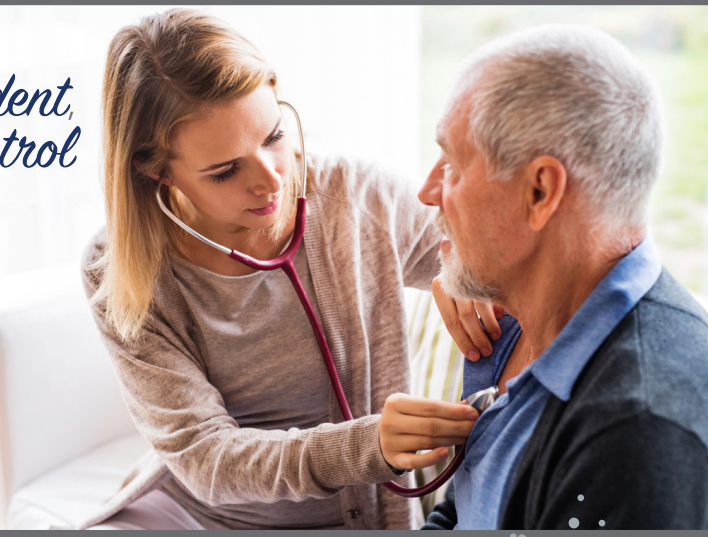
- You have a service-connected dental disability or condition for which you receive compensation (monthly payments).
- You are a former prisoner of war.
- You have one or more service-connected disabilities rated 100% disabling.
- You are unemployable (unable to work), and I get disability compensation at the 100% disabling rate due to service-connected conditions.
- You have a service-connected noncompensable dental condition (a dental condition that you're not getting disability payments for) or a disability that's the result of combat wounds or service trauma.
- A VA dental care provider has concluded that your dental condition is linked to a service-connected health condition and is making that condition worse.
- You are active in a 38 U.S.C. Chapter 31 Veteran Readiness and Employment program.
- You get VA care or am scheduled for inpatient care for a health condition—and I need dental care for a dental issue that's making my health condition harder to treat.
- You are signed up to get care through the Homeless Veterans Dental Program (VHA Directive 2007-039).
- You currently get inpatient care in a hospital, nursing home, or other supervised homelike care setting (called domiciliary care).

However, there is options for dental insurance with the VA through the VA Dental Insurance Program (VADIP) with Delta Dental and Metlife. To qualify, one of these must be true:

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- You're a Veteran who's enrolled in VA health care, or
- You're the current or surviving spouse or dependent child of a Veteran or service member, and you're enrolled in the Civilian Health and Medical Program of the VA (CHAMPVA)

Please reach out to the Chippewa County Veteran Service Office if you have any question. Phone number 715-726-7990 and Email [Veterans@co.chippewa.wi.us](mailto:Veterans@co.chippewa.wi.us)

## Veteran News

### Bill giving veterans more long-term care options passes Senate Veterans' Affairs Committee:

<https://www.mcknightsseniorliving.com/home/news/business-daily-news/bill-giving-veterans-more-long-term-care-options-passes-senate-committee/>

According to the Veterans' Affairs Committee, Elizabeth Dole Home Care Act would:

- Increase the expenditure cap for non-institutional care alternative programs from 65% to 100% of nursing home care costs;
- Expand access to home and community-based alternative care programs to veterans at all VA medical facilities, as well as to veterans living in US territories and Native American veterans enrolled in Indian Health Service or tribal health programs;
- Require the creation of a centralized website to disseminate information and resources related to home- and community-based programs, and help veterans and caregivers determine their eligibility;
- Require the VA to review staffing and resource needs, accessibility and other aspects of the Office of Geriatrics and Extended Care and Caregiver Support Program Office to make certain they are appropriately serving veterans and caregivers;
- Create a pilot program to provide home health aide services for veterans who reside in communities with a shortage of home health aides; and
- Require the VA to establish a smooth handoff process for veterans and caregivers who are discharged from or ineligible for the Program of Comprehensive Assistance for Family Caregivers.

If you would like to register your opinion about this piece of legislation, please contact Senators Tammy Baldwin and Ron Johnson along with your US Congressman.



Tip #7

## Help Yourself to Better Health **Be Active**

You don't need to break a sweat to be active. Gardening, yardwork, laundry, vacuuming — anything that gets your heart rate up and you breathing a little bit harder than normal — counts as physical activity. It's good for your home, and good for your health!

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