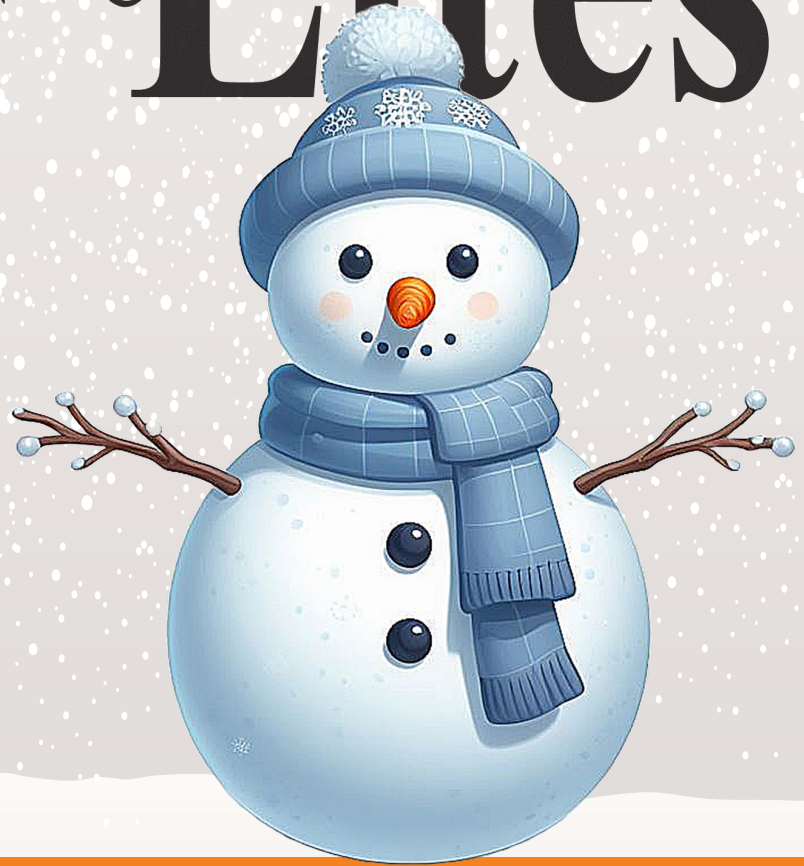




Hi SENIOR Lites

- Skilled Rehab Stays with Medicare Advantage Plans
- Top 10 Healthy New Year's Resolutions For Older Adults
- January Recipe: Church Supper Hot Dish
- Independent Living Support Pilot
- Upeasy Lifting Cushion



RESOURCES FOR SENIORS, FAMILIES AND CAREGIVERS IN DUNN COUNTY

Skilled Rehab Stays with Medicare Advantage Plans

By the GWAAR Legal Services Team



Submitted by Bethany Schneider, ADRC Elder Benefit Specialist

It is very common to need several days to several weeks in a Skilled Nursing Facility (SNF) after a hospital stay. For example, after hip surgery, patients often need daily physical and occupational therapies before they are able to return home safely. Usually, the best way to achieve this is a temporary stay in a rehabilitation facility. If you have Original Medicare (with or without a Medicare Supplement or “Medigap” policy), you should receive your first 20 days in a SNF at no cost. After 20 days, you will pay a coinsurance amount, and after 100 days, you will pay in full. Generally, there are fewer issues getting this coverage with Original Medicare than with Medicare Advantage (Part C) Plans.



If you have a Medicare Advantage Plan and need skilled rehab in a facility, here's what to watch for:

- Getting into the SNF (while you are still hospitalized) may initially be denied (called a “prior authorization”).
- An algorithm (Artificial Intelligence or “AI”) may estimate a much shorter length of stay than your prescribing doctors.
- Your Advantage Plan may not review

all of your medical records, and a doctor without knowledge of your case may determine your length of coverage.

- You may receive a denial of coverage only days into your stay, even if your doctors recommended weeks.
- You may need to appeal several times to get the coverage you need.

Medicare Advantage Plans are required to provide the same coverage as Original Medicare.

Here's what you can do to make sure this happens:

- Ask the hospital or SNF social workers (or your Advantage Plan) to provide you with the “nH Predict Outcome Tool” from naviHealth1. This will give you an idea of when to expect review of your case and a denial.

...continued on page 5

Aging & Disability Resource Center of Dunn County

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

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

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

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

MONDAY'S MEAL: Free, nourishing meal lovingly prepared from scratch at Menomonie United Methodist Church, 2703 Bongey Drive, Menomonie, WI 54751. Curbside pickup only, available from 5:00-6:00 pm every Monday evening.

TUESDAY'S TABLE: Free HOME COOKED meal. Tues, 5 to 6 p.m. St. Joseph's Church basement 10th St and Wilson Avenue in Menomonie. Come and enjoy good company, Great food! Handicapped accessible.

WEDNESDAY'S TABLE Free meal served from 5 to 6:00 p.m. at Christ Lutheran Church, 1306 Wilcox Street, Menomonie, every Wednesday.

THURSDAY'S TABLE: First Congregational Church, 420 Wilson Ave. Menomonie. Free meal served from 5-6pm.

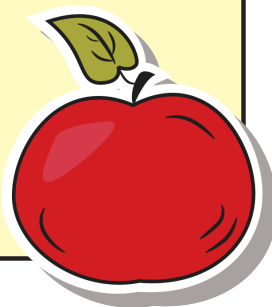
KNAPP COMMUNITY PROJECTS/PLATES & KNAPPKINS FOOD PANTRY: Open every Thursday from 2:00 to 5:00 p.m. Food Distribution every 5th Saturday of a month. Open from 7:00 a.m. to 9:00 a.m. Located at 508 Highway 12 next to the BP station in Knapp.

FOOD HARVEST MINISTRY: Food distribution will be the third Saturday of each month 8:00 am until 10:00 am located at 1002 Main Street, Boyceville. No Requirements and No Questions Asked!!! All food is good quality surplus, some perishable, that otherwise would be wasted!!! Please bring bags or boxes to carry your food. If you have any questions or your church or organization would like to become involved, please call 619-6979.

Dunn County Area Retired Educators' Association January Meeting Announcement

The Dunn County Area Retired Educators' Association will meet Monday, January 8, at The Village at White Pine, 921 22nd Ave. NE, Menomonie, 12:00 noon, for a PIZZA PARTY. (Please note location change.)

All retired public school employees, preschool through university, are welcome to attend for camaraderie and great pizza! Please call Jean at 715.235.8285 by January 4th to RSVP.



UPDATED FOOD PANTRY HOURS

v10.23

Stepping Stones of Dunn County

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

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

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

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

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

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



*as available

POP-UP CURBSIDE FOOD PANTRY



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

EVERY 1ST TUESDAY



Elk Mound

11:30 am - 12:30 pm

Village Hall

E206 Menomonie St, Elk Mound

Rock Falls

1:00 pm - 2:00 pm

Township Hall

N995 County Rd H, Rock Falls

EVERY 1ST AND 3RD THURSDAY



Sand Creek

11:30 am - 12:30 pm

Arts Center

E9311 County Rd I, Sand Creek

Ridgeland

1:30 pm - 2:30 pm

Community Center Lot

200 Diamond St, Ridgeland

EVERY 2ND AND 4TH THURSDAY



Downsville

11:30 am - 12:30 pm

New Hope Lutheran Church

N2698 460th St, Downsville

Colfax

2:00 pm - 3:00 pm

Viking Bowl and Lounge

N108 S Main St, Colfax

For more information, contact Kris Pawlowski:

715.235.2920 ext. 202 | k.pawlowski@steppingstonesdc.org



All pop-up pantries are closed holidays.

Editor/Publisher: Brigit Olson | **Offices:** Senior Hi-Lites, 1826 Benton Avenue, Eau Claire, WI 54701 | **Advertising:** 715-831-0325 | **Email:** brigitt.olson@gmail.com
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ADRC DUNN COUNTY NUTRITION PROGRAM


Colfax	M - Th	962-2550	Tantara in Menomonie	M - F	556-0266
Hosford-Rich Apts.	M, T, Th, F	235-4047	Sand Creek	M - F	658-1335
Ridgeland	M - F	949-1937	ADRC Office for Dunn County	M - F	232-4006

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 Herb baked chicken, Oven roasted sweet potatoes, Spinach salad, Apple crisp	3 Baked spareribs, Sauerkraut, German potato salad, Perfect pinto beans, Pumpkin bread	4 Roast beef, Mashed potatoes, Brown gravy, Whole kernel corn, Cherry torte bar	5 Crumb topped baked fish, Basil garlic potatoes, Broccoli cuts, Fruit ambrosia salad
8 Beef stroganoff, Noodles, Seasoned peas, Fresh banana	9 Roast turkey, Mashed potatoes, Turkey gravy, Herbed baby carrots, Wheat bread, Applesauce	10 Shepard's pie, Stewed tomatoes, Bread pudding with raisins, Vanilla butter sauce	11 Baked fish fillet, Lemon butter sauce, Twice baked potatoes supreme, Broccoli cuts, Wheat bread, 24 hour fruit salad	12 Three bean chili with canned beans, Mixed green salad, Cornbread, Angel food cake, Maple whipped cream
15 	16 Baked ham & pineapple, Scalloped potatoes, Pinto beans & bacon, Creamy frosted white cake	17 Old fashioned meatloaf, Baked potato, Sour cream, Creamy corn casserole, Frosted pumpkin bar	18 Deluxe chicken pot pie, Herbed baby carrots, Dinner roll, Cherry cobbler	19 Tuna noodle casserole, Colorful coleslaw, Apricots
22 Pork chops with apples, Mashed sweet potato, Seasoned peas, Wheat bread, Sugar cookies	23 Beef pot roast, Brown gravy, Roasted red potatoes, Carrots with parsley, Whole wheat rolls, Banana cake	24 Barbecue glazed chicken, Au gratin potatoes, Whole kernel corn, Wheat bread, Watermelon	25 Ham & cheese sandwich, Just bean soup, Crackers, Creamy coleslaw, Diced pears	26 Italian meat sauce, Spaghetti noodles, Spinach cranberry salad, Garlic bread sticks, Iced brownie
29 Salisbury steak, Gravy, Parslied potatoes, Stewed tomatoes, Wheat bread, Pineapple tidbits	30 Roast turkey, Mashed potatoes, Turkey gravy, Sliced carrots, Perfect peach cobbler	31 Meat lasagna, Romaine and onion salad, Garlic bread, Mandarin oranges		

CAREGIVER COFFEE HOUR

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



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

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

FOR RENT

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 **715.235.0656** 

FOR RENT

SUNNYSIDE APARTMENTS

Knapp, Wisconsin
Income Based Housing
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 **715.308.3158** 

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 _____



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

FOOD PANTRY EMERGENCY SHELTER
COMMUNITY CONNECTIONS

Give Help   Get Help

-  **Words.** Follow us on Facebook and tell others about our work in the community.
-  **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 JANUARY 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



Exploring Dementia



A support group for those caring for someone living with dementia

**Fourth Monday of the Month
10:30 am to Noon**

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

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

The Aging and Disability Resource Center of Chippewa County Presents

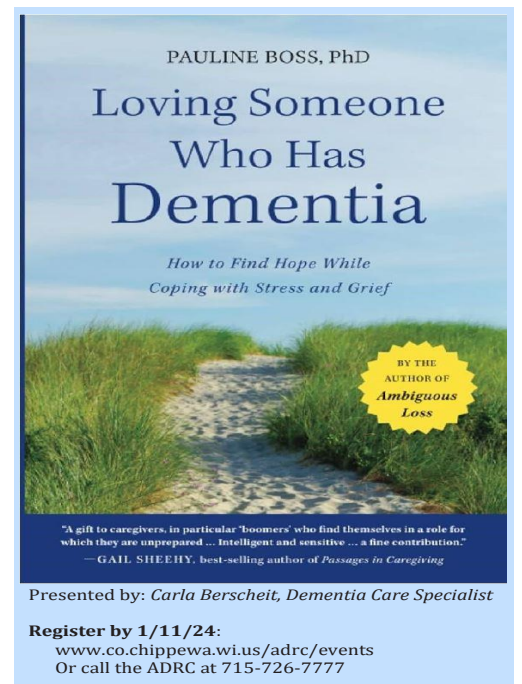
Virtual Book Club

Stories related to journeys of Dementia

What is this book club about?

Join us from the comfort of your own home. We will discuss caring for someone living with dementia and all that it entails. We will discuss one chapter per week. Books are available through the ADRC.

**Thursdays
1/19/24—
3/14/24
3:00-4:00p.m
Virtual (Webex)**



Presented by: *Carla Berscheit, Dementia Care Specialist*

Register by 1/11/24:
www.co.chippewa.wi.us/adrc/events
Or call the ADRC at 715-726-7777

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

COUNTY HELPLINES

DUNN COUNTY DEPT. OF HUMAN SERVICES & ADRC
 Adult Protective Services 715-232-4006
DOMESTIC ABUSE VICTIM ADVOCATE
 24-Hour Crisis Line 800-924-9918
 Dunn County Sheriff's Office 715-232-1348
 Aging & Disability Resource Center 715-232-4006
 Bridge to Hope 715-235-9074



...continued from page 1

- If you receive a denial that your doctors and therapists disagree with, know your appeal rights! There are several levels of appeal.

*Starting in 2024, naviHealth will be known as “Home & Community Care.”

1. Level One: Most people are still in the SNF when they receive a denial, and will be issued a Notice of Medicare Non-Coverage two days prior to coverage ending. You have until noon of the day before coverage ends to request an expedited appeal. This means the appeal goes to a “Quality Improvement Organization” (QIO) rather than the Plan, and a decision must be made within 72 hours. If you miss the chance to request an expedited appeal, you have 60 days to file a standard appeal with the Plan.
2. Level Two: If your first appeal is unsuccessful, you have 60 days to file another appeal with the QIO. Your denial notice will tell you whether this is with MAXIMUS or Livanta.
3. Level Three: If your coverage is still denied, the next stage is a telephone hearing with an Administrative Law Judge. You must request this within 60 days of receiving a denial by the QIO.

- Any time you experience a denial, make sure your hospital or SNF has provided all medical documentation (including all therapy and nursing notes, hospital discharge notes, and notes from any doctors you have seen outside the hospital or SNF, like surgery follow-ups). Usually, the Advantage Plans make decisions without complete or up-to-date records.

- Be careful reducing therapies if not recommended by your treating medical professionals. If your therapies drop to less than five times per week (any combination of therapies), you will be unable to receive coverage for your SNF stay.
- Expect multiple denials if you need to be in a SNF more than two weeks. Generally, Advantage Plans conduct reviews every three days, and it is common to receive a new denial that often, even if you have been successful with previous appeals.

Some reports show that up to 90% of appeals of SNF denials are overturned, so persistence is key! More information and resources are available at <https://medicareadvocacy.org/medicare-info/skilled-nursing-facility-snf-services/#Skilled%20Services>.

GOVERNMENT SUBSIDIZED HOUSING

in Dunn County

Gaylord Nelson Manor - 603 E 21st Ave Menomonie
Physically disabled housing, available immediately.

Warren Knowles Manor - 507 Cedar Court Menomonie
Physically disabled housing, available immediately.


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

ImpactSeven.org 715-419-2238



"This institution is an equal opportunity provider and employer" 

Walk & Talk


With the  Aging & Disability Resource Center

First Thursday of the Month ● 12:30–1:30 pm

SHIRLEY DOANE

SENIOR CENTER

Join us at the Menomonie Senior Center gym!



Are you connected with the Aging and Disability Resource Center (ADRC)? Do you know all we have to offer? Do not wait until you need us to get to know us. Come and walk and talk with ADRC staff, receive general information and/or answers to your specific questions.

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

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

Top 10 Healthy New Year's Resolutions For Older Adults



Submitted by Bernie Allen,
ADRC Nutrition Program Coordinator

Welcome to 2024! It's the start of a new year and, no matter your age, there is no better time to get started on your wellness goals. Here are 10 healthy New Year's resolutions you can try today:

1. Get Enough Sleep. Even as an older adult, you should aim for seven to nine hours of sleep per night. This amount of rest helps to maintain your immune system and improves memory and concentration.

Many seniors have difficulty falling or staying asleep. To combat insomnia, follow these suggestions:

- Avoid using your television, cell phone, and/or computer in your bedroom.
- Don't drink caffeinated or alcoholic beverages in the evening.
- Keep your bedroom cool, comfortable and quiet.
- Stick to a schedule. Go to bed and get up around the same time each day, avoid long naps.
- Stay active during the day.
- Check with your physician to see if any of your medications or medical conditions can affect sleep.

2. Eat Well and Stay Hydrated. Eating a healthy diet is arguably one of the most important health goals for seniors. Focus on consuming high-fiber fruits, vegetables, and whole grains. Along with nuts, low fat dairy and leaner cuts of meat. Limit your consumption of fatty meat, sugar, butter, salt and pre-packaged foods. Following these guidelines can help protect against cancer, heart disease, Parkinson's and Alzheimer's, as well as common illnesses caused by viruses and bacteria.

Also, don't forget to stay hydrated! Keep a container of water near you and take frequent sips throughout the day. Make sure to refill often!

3. Stay Social. Research has indicated that the importance of social interaction for older adults cannot be overstated. Loneliness has become known as the "silent killer" of seniors. Stay connected with family members and reach out to your friends. It's never too late to make new ones!

4. Use Your Brain. You may have heard the saying, "use it or lose it." This phrase is especially relevant to your gray matter as you age. Experts suggest seniors keep their minds sharp with puzzles like crossword and Sudoku. There are also many other activities such as reading, writing and trying a new hobby that can help you ward off a decline in brain health.

5. Exercise. Staying physically active is one of the best health goals for seniors in the New Year. Studies have shown that regular exercise has many benefits for seniors, including:

- Weight management
- Alleviation of depression
- Strong bones and muscles
- Better sleep
- Improved balance and fall prevention
- Decreased risk of heart disease, type 2 diabetes, high blood pressure and high cholesterol



Aim for at least 30 minutes of exercise per day. Low impact activities like biking, walking, water aerobics and yoga are popular exercise options for many older adults.

6. Practice Prevention. It is typically easier to prevent illness than to treat it. That is why a key new year's resolution for seniors focuses on preventative health measures. Here are a few ideas to get you started:

- Schedule your annual physical and screenings to detect and monitor chronic conditions.
- Get vaccinated against the flu and other common viruses.
- Connect with your doctor to discuss any health concerns when they occur; don't put it off.
- Actively manage your medications. Consult with our doctor or pharmacist if you feel you are experiencing side effects.

7. Kick Your Bad Habits. One of the most popular new year's resolutions involves quitting smoking and/or drinking. These habits can have some serious health issues attached to them. Smoking is directly related to cancer, high blood pressure and osteoporosis. Heavy drinking has a variety of long-term health risks, and it also increases your risk of a fall. It's never too late to quit smoking and/or reducing your alcohol intake. There are many tobacco and alcohol addiction support programs available. Talk to your doctor to get connected with one.

8. Maintain Your Purpose in Life as You Age. Not all health goals are related to physical health. Studies have shown that optimists are more likely to reach, and surpass, the age of 85! It is very important to make an effort to manage your stress, relax and focus on your mental health.

....continued on next page

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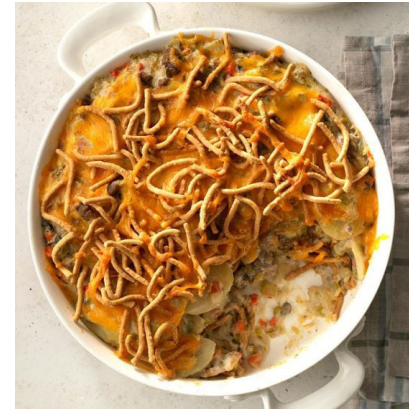
January Recipe

CHURCH SUPPER HOT DISH

Source: tasteofhome.com

Ingredients

- 1 pound ground beef
- 2 cups sliced peeled potatoes
- 2 cups finely chopped celery
- ¾ cup finely chopped carrots
- ¼ cup finely chopped green pepper
- 2 tablespoons butter
- 1 cup water
- 2 cans (10-3/4 ounces each) condensed cream of mushroom soup, undiluted
- 1 can (5 ounces) chow mein noodles, divided
- 1 cup shredded cheddar cheese



Directions

- 1) Preheat oven to 350 degrees. In a large skillet, cook beef over medium heat until no longer pink; drain and set aside.
- 2) In the same skillet, sauté potatoes, celery, carrots, green pepper and onion in butter for 5 minutes. Add water; cover and simmer for 10 minutes or until vegetables are tender. Stir in soup and cooked ground beef until blended.
- 3) Sprinkle half the chow mein noodles into a greased shallow 2-qt. baking dish. Spoon meat mixture over noodle. Cover and bake for 20 minutes. Top with cheese and remaining noodles. Bake, uncovered, for 10 minutes longer or until heated through.

Servings: 6-8 • Total Time: Prep: 40 minutes Bake: 30 minutes

Sometimes when people retire, they feel like they have lost their life's purpose and can feel down or depressed. Some great ways for older adults to stay connected with their purpose include:

- Keeping a gratitude journal
- Volunteering
- Joining, or becoming more involved, with local organizations
- Surrounding yourself with other positive people
- Setting reasonable expectations for yourself and accepting the things you cannot change

9. Evaluate Your Home's Safety. Is your home conducive to aging well? The way your house is set up can affect your health as you age. Risks to evaluate include fall hazards, adequate lighting and the need for assistive devices. In-home fall hazards include:

- Blocked walkways
- Cluttered high traffic areas (extra furniture such as coffee tables, plant stands and magazine racks)
- Slippery, loose rugs
- Wrinkled carpets
- Stairs

As your eyes age, you will most likely need stronger, brighter illumination, even during the day.

10. Plan Ahead. While it is important to "kick back and relax" in retirement, don't avoid planning for your future needs.

Menomonie Area Senior Center

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

Menomonie Area Senior Center January 2024



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Senior Center Closed For New Year's	2 8:30-9:15am Chair Yoga 10am-2:30pm DADS* 10am Cribbage 1-3 pm Hand & Foot Cards	3 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	4 8:30-9:15am Chair Yoga 10am-2:30pm ADS* 12:30-1:00 Walk & Talk with ADRC 1pm 500 Cards 1pm Open Party Bridge	5 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	6
7	8 9am-10:30am Tai Chi 10:30am-2:30pm DADS* 13:30 am Artful Expressions* 12-3pm Open Walking Gym	9 8:30-9:15am Chair Yoga 9:45am Stronger Seniors Intermediate 11am Stronger Seniors Basic 10am-2:30pm DADS* 10am Cribbage 1-3 pm Hand & Foot Cards	10 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	11 8:30-9:15am Chair Yoga 9:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11am Stronger Seniors Basic 1pm 500 Cards 1pm / Open Party Bridge	12 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	13
14	15 Senior Center Closed Martin Luther King JR Day	16 8:30-9:15am Chair Yoga 9:45am Stronger Seniors Intermediate 11am Stronger Seniors Basic 10am-2:30pm DADS* 10am Cribbage 1-3 pm Hand & Foot Cards	17 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 11:30 Senior Center In-House January Meal 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	18 8:30-9:15am Chair Yoga 9:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11am Stronger Seniors Basic 1pm 500 Cards/Open Party Bridge	19 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	20
21	22 9am-10:30am Tai Chi 10:30am-2:30pm DADS* 10:30-Noon Exploring Dementia* 12-3pm Open Walking Gym 1pm Euchre/Mah Jongg	23 8:30-9:15am Chair Yoga 9:45am Stronger Seniors Intermediate 11am Stronger Seniors Basic 10am-2:30pm DADS* 10am Cribbage 1-3 pm Hand & Foot Cards	24 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	25 8:30-9:15am Chair Yoga 9:45am Stronger Seniors Intermediate 10am-2:30pm ADS* 11am Stronger Seniors Basic 11am Sr. Center Annual Meeting 12pm Sr. Center Board Meeting 1pm 500 cards/ Open Party Bridge	26 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	27
28	29 9am-10:30am Tai Chi 10:30am-2:30pm DADS* 12-3pm Open Walking Gym 1pm Euchre/Mah Jongg	30 8:30-9:15am Chair Yoga 9:45am Stronger Seniors Intermediate 11am Stronger Seniors Basic 10am-2:30pm DADS* 10am Cribbage 1-3 pm Hand & Foot Cards	31 No Foot & Nail! 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge			

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 Counties are partnering to bring this program to these Chippewa Valley counties. Individuals must be enrolled in this program on or before March 31, 2024 in order to participate, so please don't delay contacting us!

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 data-bbox="1326 1047 1864 1321" style="border: 1px solid black; padding: 5px; 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>

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

Savvy Caregiver Support Group - 1st Tuesday of the month, 10 - 11am. Contact Lisa Wells lisa.wells@eauclairecounty.gov



Join us for the StrongBodies Program! FREE

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

For more information, contact
Dunn County ADRC 715-232-4006

Virtual StrongBodies - Winter 2024 Session

Dates: January 8 - March 28, 2024

Time: Tuesdays and Thursdays, 9:00 – 10:15 am

Offered virtually via Zoom

How to Sign Up: Call 715-232-4006 – The ADRC has a limited amount of FREE enrollment spaces so sign up soon!



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Upeasy Lifting Cushion

By Amanda Miller, Director of Independent Living Services, CILWW

Are you struggling with being able to get up or sit down from a sofa or chair? We have just the thing for you! The UPEASY Lifting Cushion. This assistive mobility device helps individuals who need support with



getting up or down from a seated position. This device is designed for individuals experiencing arthritis or various other joint ailments, which affect their ability to reach a sitting, or standing position. It lifts 70 percent of the user's body weight and the foam cushion reduces pressure. It folds flat and is easily portable. LevelLift technology transforms any chair or sofa into a helpful mobility aid that uses hydro pneumatic gas springs to move up and down on a level surface which lessens the pressure put on joints. The weight limit is 340 pounds.

If you would like more information on UPEASY Lifting Cushion or any other assistive technology devices that could potentially improve your independence, please call CILWW at 715-233-1070 or 800-228-3287. CILWW provides services at no cost to the individual. CILWW is not a funding source to purchase the assistive technology, but can help locate resources for funding.

There are various services available through the assistive technology program at CILWW as a part of the WisTech Assistive Technology Program. Our agency can provide information on WisTech's alternative financing options (WisLoan, Telework, and TEPP) per request. (Photo courtesy of Amazon.com)

Dunn County Historical Society Walking Program

Come walk inside the museum this winter
Tuesday - Friday from 8:00 to 11:00 starting 11/1!

- Try it out for **only \$3** and then purchase an annual membership if you wish to continue walking!
- Prize drawings for those that walk **5 times a month**.
- The museum is **stroller, wheelchair, and walker-friendly!**

Rassbach Museum,
1820 John Russell Rd,
Menomonie, Wisconsin

(715) 232-8685
dchs@dunnhistory.org

Scan me to learn more!

Scholarships available for the annual membership

Healthy Brain Book Club

**January 18th –
March 7th, 2024**

Thursday 11am-Noon

We will discuss 1 chapter per week. Learn what you can do to protect your brain as you age

We will meet virtually once a week.

All participants will receive a free copy of the book

For more information or to register contact Kim Bauer at Kimberly.bauer@sccwi.gov

Artful Expressions

SECOND MONDAY OF THE MONTH
10:30 - NOON

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For Long-Term Care options contact your local [Aging and Disability Resource Center](#).
www.dhs.wisconsin.gov/adrc/

www.mychoicewi.org/hh
800-963-0035 TTY 711



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