



FEBRUARY 2024

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Kelly Zimmerman Leaving After 13 Years

Saying “goodbye” to a dedicated employee is always filled with mixed emotions. Kelly Zimmerman, the Nutrition & Transportation Programs Manager is leaving the ADRC after 13 years, for a newly created position with Chippewa County. We are sad to see her go but thrilled that Chippewa County has found the ideal candidate for the new position. If you’ve never had the pleasure of working with Kelly, let me tell you a little bit about her:



- Kelly is organized...she is a planner who plans her work and works her plan
- Kelly is easy to work with...her nutrition team and office team enjoy her sense of humor and professionalism
- Kelly is analytical and an amazing problem solver, plus she doesn’t easily rattle
- Kelly cares about the residents of Chippewa County and improving the quality of life for older people and those with disabilities

If you don’t already appreciate Kelly, here is something else you should know. Over the last five years, Kelly has expanded, by leaps and bounds, the area that we serve Meals on Wheels. Five years ago, we could only provide Meals on Wheels to people who live within the city or village limits of Bloomer, Cornell, Stanley, Boyd, Cadott and Chippewa Falls. That makes up roughly 5% of the county’s geography. Today we can deliver to roughly 75% with plans to go further.

Kelly Zimmerman has accomplished this through many cost saving initiatives. She had to make some tough decisions that were not always popular but her efforts brought meals to people who would not have otherwise received them. That vision and commitment to excellence is part of what makes her a truly great leader.

The transportation program that she coordinated also saw many changes that allowed us to help get people to more than medical appointments. Her vision, cost saving initiatives allowed the program to grow. People are now able to get to the grocery store, run errands, visit loved ones in a nursing home, and even get to work.

We are going to miss Kelly at the ADRC but I’m sure you will agree that she is going to do great things in her new endeavor. Thanks Kelly for your dedication!



9-11AM

REGISTRATION REQUIRED

TECH TUESDAYS

@ THE CHIPPEWA FALLS PUBLIC LIBRARY

GET ONE-ON-ONE HELP WITH YOUR SMART PHONE, LAPTOP OR TABLET.

Call to register 715-723-1146 x 2

Select Your Power of Attorney

FREE WORKSHOP

Monday, February 19th

1-2 pm at the Bloomer Senior Center

Register at bit.ly/registerBPL to reserve your space!

Joyel Metcalf and Tara Mrozinski of Chippewa County Department of Human Services, Adult Protective Services will be here to help you complete your power of attorney forms and are able to notarize them while you wait.



This program is free and open to the public. For more information visit us at 1519 17th Avenue, online at bloomerpubliclibrary.org or call 715-568-2384.

Ice Cleats

Snow and ice are inevitable in Wisconsin's winter months. Our winter season is beautiful but with the snow and ice comes the increased risk of falling. Center for Independent Living of Western Wisconsin (CILWW) would like to highlight our Macro Traction Ice Cleats, which provided superior traction and stability in a variety of winter conditions. These cleats cover from heel to toe, and easily clip on to any shoes or boots to provide an extra layer of protection and help lessen risk of falls. They feature multi directional cleats to allow you to stride easily on ice- and snow-covered surfaces.



If you would like more information on Ice Cleats 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.

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.

Viruses or Bacteria What's got you sick?

Common Respiratory Infections	Common Cause			Are Antibiotics Needed?*
	Virus	Virus or Bacteria	Bacteria	
Common cold/runny nose	✓			No
Sore throat (except strep)	✓			No
COVID-19	✓			No
Flu	✓			No
Bronchitis/chest cold (in otherwise healthy children and adults)		✓		No**
Middle ear infection		✓		Maybe
Sinus infection		✓		Maybe
Strep throat			✓	Yes
Whooping cough			✓	Yes

*Antiviral drugs are available for some viral infections, such as COVID-19 or flu.

**Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help patients feel better.



To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.



Help Yourself to Better Health Stay Hydrated

Drinking enough water and other fluids is important for your health. A UCLA study found that 40% of older adults may be chronically under-hydrated which can result in low blood pressure, weakness, dizziness and an increased risk of falls, constipation and urinary tract infection. **So, keep sippin' throughout the day!**



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

- ADRC Manager – Leslie Fijalkiewicz
- Administrative Assistants – Breanna Schemenauer, Renee Price, Carmen Olson, Carrie Schick
- Dementia Care Specialist – Carla Berscheid
- Disability Benefit Specialist – Stephanie Rasmussen
- Elder Benefit Specialist – Michelle Fellom
- Nutrition & Transportation Programs Coordinator – Kelly Zimmerman
- Options Counselors – Kasha White, Sarah Hedlund, Erika Stevens, Jessica Gibson, Sue Koepnick
- Nutrition Program Assistant – Jeff Hahn, Jason Kolano
- Nutrition Site Aides – Sue Barnum, Linda Felmlee, Laura Henderson, Darcy Bjerke, Debbra Judnic, Cindy Sarazen, Carolyn Zimmerman, Ann Mueller

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.

We Are On Facebook

The ADRC of Chippewa County is on Facebook and you will want to follow us because we have so much more to share than what we can fit in this paper. Learn about other upcoming events, activities, programs and services for older people and people with disabilities. There is also lots of information for families and friends too. So look for us, like us, comment on our posts and share our page with others!





UPCOMING SHOWS



THE ROCKET MAN SHOW

FEBRUARY 3 | 7:30 P.M.

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



ON A WINTER'S NIGHT

FEBRUARY 17 | 7:30 P.M.

Presenting the Reunion Tour of "On a Winter's Night" from veteran singer-songwriters that remain among the brightest stars of the singer/songwriter movement for the past 3 decades. The winter season is again celebrated by these unique & popular performers, back together once again!

hairspray

HAIRSPRAY

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

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



SEE ALL UPCOMING EVENTS AT PABLOCENTER.ORG

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SCAMS

Better Business Bureau Scam Alert: Looking for Ozempic?

Article from Better Business Bureau website, December 29, 2023

When demand for something exceeds its supply, scammers are quick to take advantage. It's happened recently with popular toys, baby formula, and even rental cars. Now, it's happening with Ozempic, a prescription-only drug for people with Type 2 diabetes. Scammers are aware of the drug's popularity for weight loss, and they're targeting folks looking for a convenient way to purchase it. Here's what you need to know to stay alert.

How the scam works

You are looking online for a pharmacy that carries Ozempic and are pointed to a website claiming to sell the drug at a reduced price. You may find the website through a web search, an ad, or even a friend's post on social media. The website claims that buying Ozempic is easy, and you can save a few hundred dollars by purchasing it online vs. through a doctor. All you must do is make a payment through a digital wallet app like CashApp or Zelle (CashApp and Zelle are BBB Accredited Businesses as of this writing in December 2023).

Many such websites don't even ask for a prescription before "selling" the drug, but some sites work harder to appear that you are dealing with a legitimate pharmaceutical company. One consumer reported having a "tele-consult" with a "doctor" before paying to receive Ozempic. The consumer told BBB: "I have not received the drug. When I reach out to customer service, they send automated responses. They refuse to refund my money, even though they claim not to know when or if the drug will be shipped."

In some versions of the scam, the con artists claim to encounter issues when shipping the drug, all of which require additional fees. For example, after your initial payment, scammers may insist that you need to pay for insurance or a discreet shipping fee to get the package past customs. If you refuse, scammers may resort to threats. For example, they may claim to report the transaction to the U.S. Food and Drug Administration (FDA), and you'll be held responsible for buying illegal drugs without a prescription.

In reality, scammers never planned on sending you anything at all. Any problems encountered when "shipping" the medication is

only a trick to get even more money from you. If you give in and use a digital payment app to send funds, your money is gone for good.

How to avoid prescription drug scams

- **Don't buy medicines from foreign countries.** The FDA warns consumers that non-FDA-approved products sold by internet pharmacies in other countries can be downright dangerous. Avoid risking your health and getting scammed by sticking with pharmacies based in the country where you live.
- **Don't buy prescription-only medications from a seller who doesn't ask you for a prescription.** This is a huge red flag and one of the biggest signs that you are dealing with a scammer. Even if they are selling the drug, offering it to consumers without a prescription is illegal.
- **Watch out for unreasonably low prices.** This is another red flag. Ask yourself, why is a vendor offering a high-demand, name-brand prescription at such a low price? It's probably a scam. After paying, you could end up with counterfeit products or no products at all.
- **Don't use digital wallet apps to pay for a prescription.** A reputable pharmacy won't ask you to make a payment using a digital wallet app, prepaid debit cards, or wired funds. These payment methods are a common denominator in countless scams.
- **Only buy from reputable pharmacies.** If you come across a pharmacy online that you aren't familiar with, research is a must. Make sure the business has legitimate contact information and a working phone number. Look for consumer reviews, keeping a sharp eye out for reports or scams or shady business dealings. Remember, your personal information, some of your medical details, and your money are all on the line.



For more information

If you spot a prescription scam, report it. Tell your story and help others avoid falling victim to similar scams. Visit BBB Scam Tracker <https://www.bbb.org/ScamTracker>.

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Veteran Benefits & News

Veterans Headstones, Markers, and Medallions

A Veteran who didn't receive a dishonorable discharge or a service member who died while on active duty may be eligible for a headstone or marker if they meet these requirements.

At least one of these must be true:

- The Veteran or service member died on or after November 1, 1990, and their grave is currently marked with a privately purchased headstone, or
- The Veteran or service member was buried in an unmarked grave, anywhere in the world
- Note: If the Veteran or service member served before World War I, we require detailed documents, like muster rolls, extracts from state files, or the military or state organization where they served.

And for Veterans who served as enlisted personnel after September 7, 1980, or as officers after October 16, 1981, at least one of these must also be true:

- The Veteran served for a minimum of 24 months of continuous active duty, or
- The Veteran died while serving on active duty
- Note: Hmong individuals who were living in the U.S. when they died are eligible if they were naturalized under the Hmong Veterans Naturalization Act of 2000 and died on or after March 23, 2018.

Medallions are for eligible Veterans and service members who are buried in a private cemetery marked with a privately purchased headstone or marker. We may provide a Bronze or Medal of Honor medallion. Service members who died while serving on active duty on or after April 17, 1917, are eligible for a medallion.

Veterans who didn't receive a dishonorable discharge may be eligible for a medallion if they meet these requirements specific to when they served:

- Enlisted personnel who served before September 7, 1980, must have served for at least 1 day of active duty on or after April 6, 1979.
- Enlisted personnel who served after September 7, 1980, must have served for a minimum of 24 months of continuous active duty.
- Officers who served before October 16, 1981, must have served for at least 1 day of active duty on or after April 6, 1979.
- Officers who served after October 16, 1981, must have served for a minimum of 24 months of continuous active duty.
- Note: A commissioned officer may be eligible for a medallion if they served in active Public Health Service on or after April 6, 1917.

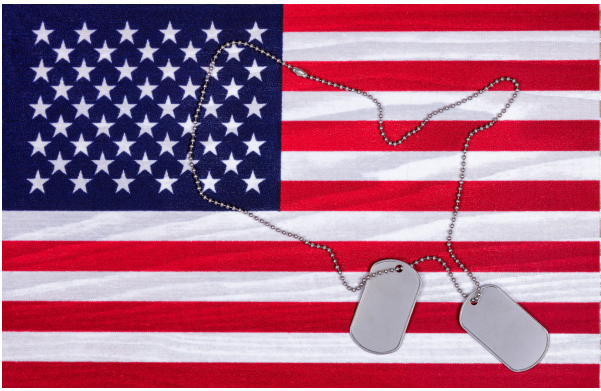
A National Guard member or Reservist may be eligible for a headstone, marker, or medallion if they meet any of the requirements specific to their type of service. We may provide Bronze or Medal of Honor medallions.

For National Guard members at least one of these must be true:

- The National Guard member was entitled to retirement pay at their time of death (or would have been entitled if they were over 60 years old), or
- The National Guard member served in a federal status and for the period of time they were called to serve

For Reservists at least one of these must be true:

- The Reservist was entitled to retirement pay at their time of death (or would have been entitled if they were over 60 years old), or
- The Reservist was called to active duty for purposes other than training
- Note: National Guard members or Reservists who have only limited active-duty service for training aren't eligible in most cases. They may be eligible in certain situations, such as if they died during or as the result of the training.



For spouses and dependent children:

A spouse or dependent child buried in a national cemetery, state or tribal Veterans cemetery, military post cemetery, or military base cemetery may be eligible for a headstone or marker. They may still be eligible even if they die before the Veteran.

In most cases, we provide one gravesite and a single headstone for all eligible family members. But if 2 Veterans are married and we receive a request for separate gravesites and headstones, we can provide side-by-side gravesites with separate headstones.

Spouses and dependent children buried in a private cemetery aren't eligible for a headstone or marker. But they may be eligible for an inscription on the Veteran's headstone or marker in a private cemetery.

Note: Spouses and dependents aren't eligible for a medallion.

In The News

All WWII Veterans are now eligible for VA health care. Under this expansion, all WWII Veterans who served between Dec. 7, 1941, and Dec. 31, 1946, are now eligible for VA health care, regardless of their length of service or financial status. These Veterans will not have to pay inpatient or outpatient copays, enrollment fees, or monthly premiums.

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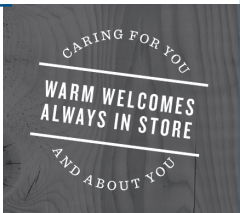
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Dementia 101

Carla Berscheit, Dementia Care Specialist will be offering a free workshop at Our Savior's Lutheran Church, 1300 Mansfield Street, Chippewa Falls, on February 25, 2024 at 10:30 am.



The public is welcome to come and learn more about dementia. Here is just a small sampling of what you will learn:

- Aging vs not normal aging
- What to do if you notice changes
- How many people in Wisconsin have dementia
- How to communicate effectively with a person experiencing brain changes
- How to decrease the stigma around dementia
- What local supports are available for caregivers
- What is the Chippewa Valley Dementia Coalition

Again, this event is free to all.



Famous Phrases

Match the popular phrase with its movie or television show.

WORKOUT 1

- | | |
|---|-----------------------------------|
| — "Here's Johnny" | a. Silence of the Lambs |
| — "Say goodnight, Gracie" | b. Casablanca |
| — "The tribe has spoken" | c. Frasier |
| — "I see dead people" | d. When Harry Met Sally |
| — "I'll have what she's having" | e. Saturday Night Live |
| — "Yabba, dabba, doo" | f. Jerry Maguire |
| — "I'm gonna make him an offer he can't refuse" | g. The Karate Kid |
| — "Is that your final answer?" | h. The Andy Griffith Show |
| — "I'm listening" | i. Who Wants to Be a Millionaire? |
| — "Hello, Newman" | j. Field of Dreams |
| — "I feel the need, the need for speed" | k. The Addams Family |
| — "To infinity and beyond" | l. The Tonight Show |
| — "If you build it, he will come" | m. The Honeymooners |
| — "Marcia, Marcia, Marcia" | n. The Burns and Allen Show |
| — "Hello, Clarice" | o. Seinfeld |
| — "Show me the money" | p. The Mary Tyler Moore Show |
| — "You rang?" | q. The Flintstones |
| — "Here's lookin' at you, kid" | r. Survivor |
| — "Well, isn't that special?" | s. The Godfather |
| — "Wax on, wax off" | t. Toy Story |
| — "You've got spunk, kid" | u. Top Gun |
| — "Nip it in the bud" | v. The Sixth Sense |
| — "Baby, you're the greatest" | w. The Brady Bunch |

UNIT 9 | Game Day | page 6



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



Virtual Dementia Education Programs

Serving Northwest Wisconsin - February 2024

Support Groups

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

Monday DISH - Dementia Informed Super Heroes

Support group designed for working caregivers
1st Monday of the month, 2/5
7:00 - 8:00 pm
scott.seeger@adrc-cw.org
715-261-6066

Circle of Support

3rd Tuesday of the month, 2/20
2:00 - 3:00 pm
becky.kamrowski@co.trempealeau.wi.us
715-538-1930

Evening Conversations

Every Thursday, 2/1
7:30 - 8:30 pm 2/8, 2/15, 2/22, 2/29
becky.kamrowski@co.trempealeau.wi.us
715-538-1930

Moving Forward: Life After Dementia Caregiving

2nd and 4th Tuesday of the month, 2/13 and 2/27
9:30 - 11:00 am
Jenna Pogorels, jpogorels@alz.org
800-272-3900

Lewy Body Dementia Caregiver Support Group

2nd and 4th Wednesday of each month, 2/14 and 2/28
1:30 - 3:30 pm
rgriesel@co.dodge.wi.us
Rob Griesel, 920-386-4308

Savvy Caregiver Support Group

1st Tuesday of the month, 2/6
10:00 - 11:00 am
Lisa Wells, www.adrcevents.org
715-839-4735

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>



★ BRAIN HEALTH ★

Living Well With Memory Loss Events

Feb 8	Early Stage Memory Loss Support Group Time: 1pm-2:30pm Location: Central Lutheran Church Recurring: 2ND Thur. every month
Feb 22	*Growing Connections (gardening group for people living w/memory loss) Time: 1:00- 2:30 pm Location: Chippewa Falls Public Library Recurring: 4TH Thurs. every month
Feb 27	Memory Café - Cornell Time: 10am-11:30am Location: Our Saviors Lutheran Church Recurring: 4TH Tues. every month
Mar 14	Early Stage Memory Loss Support Group Time: 1pm-2:30pm Location: Central Lutheran Church Recurring: 2ND Thur. every month
Mar 26	Memory Café - Cornell Time: 10am-11:30am Location: Our Saviors Lutheran Church Recurring: 4TH Tues. every month
Mar 28	*Growing Connections (gardening group for people living w/memory loss) Time: 1:00- 2:30 pm Location: Chippewa Falls Public Library Recurring: 4TH Thurs. every month

*** Registration Required call 715-723-1146**

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

Dementia LIVE

Have you ever wondered what it might feel like to have dementia?



March 14, 2024
10:00 - 11:00 am
Chippewa Falls Public Library

Join us for this free dementia simulation.
You will also learn effective communication tips to use with people living with dementia



Registration is required
Call the library at 715-723-1146



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Hilarious February Comedy

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DIRECTED BY ELAINE JONES

THE RED VELVET CAKE WAR

The three Verdeen cousins—Gaynelle, Peaches, and Jimmie Wyvette—couldn't have picked a worse time to hold a family reunion.

Things spin hilariously out of control when a one-eyed suitor shows up and a high-stakes wager is made on who bakes the best red velvet cake.

7:30PM, FEB. 8-10, 15-17
1:30PM, FEB. 11 & 18
THE GRAND

TICKETS:
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ADULTS/SENIORS \$25 YOUTH/STUDENTS \$12

Healthy Living Workshops Through ADRC of Eau Claire County

Chippewa County residents are welcome to participate in these great workshops!

REGISTER at least one week prior: Call the ADRC at **715-839-4735** or go to www.adrcevents.org.

Walk With Ease (in person)

Six-week walking program developed by the Arthritis Foundation. While walking is the central activity, it also includes education to ease arthritis symptoms, stretching and strengthening exercises, and motivational strategies. Classes meet indoors three times weekly for one hour. Proven benefits include: Reduce pain and discomfort of arthritis; Increase balance, strength and walking pace; Build confidence in your ability to be physically active; Improve your overall health. All participants receive the Arthritis Foundation Walk With Ease guidebook. Mondays, Wednesdays, Thursdays, 10:00 - 11:00 am/
February 12 - March 21, 2024 Oakwood Mall, 4800 Golf Rd, Eau Claire

Webex "Meet & Greet" (virtual)

Want to learn how to get connected to Webex video conferencing to participate in interactive workshops, presentations, or meetings? In this practice session, you'll learn how to: Join a meeting on your browser, mute/unmute your microphone, turn on/off your video, change view options, use the Chat feature, and participate in brainstorming. *This will be held virtually via Webex; participants will receive further information before the event.*

Tuesday, 9:30 - 10:15 am/ **February 27, 2024**

Med Wise Rx (virtual)

A skills-based educational program to improve people's communication with pharmacists and other providers for safer medication management. Meets for two 1.5-hour classes, separated by one week for home practice. This workshop is part of an evaluation project by the University of Wisconsin School of Pharmacy. Eligible participants will receive up to \$75 in thank you gift cards for taking part in this study. Eligibility requirements include being at least 65 years old, taking 4 or more medicines regularly (this includes nonprescription drugs), able to navigate and join the two Webex meetings, and able to participate in

phone interviews and provide feedback. *Webex practice session will be held one week prior to classes.*

Tuesdays, 9:30 - 11:00 am/
March 5 & 19, 2024 OR
Fridays, 1:00 - 2:30 pm/ **May 3 & 17, 2024** (depending on which group you are assigned to)




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 April 2024. Thursday, 10:00 - 11:15 am/ **March 7, 2024**

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, meal planning, relaxation techniques, fitness for exercise and fun, feedback and problem-solving, stress and depression management, 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. Thursdays, 10:00 am - 12:30 pm/ **April 18 - May 23, 2024**
Grace Lutheran Church, 202 W Grand Avenue, Eau Claire



Healing Hearts Grief Group

Presented By
Barbara Jacobsen, Social Worker
Cassandra Prince, Social Worker

1st and 3rd Wednesday of the month
10am - 11am

Event Details
Healing Hearts is a free, ongoing support group for adults that are grieving the loss of a loved one. Everyone's grief journey is unique, yet sometimes grief can be difficult to process on your own. Connect with others, learn coping skills, and discuss your personal grief experience in a safe, affirming and nurturing setting.

This group will meet on the 1st & 3rd Wednesday of each month starting December 6th, 2023. You do not have to attend all sessions, but participate in the dates that work for you. This group is open to the public.

Chippewa Falls Public Library
105 W Central St | Chippewa Falls, WI 54729

No Registration Required. For questions about this Support Group, please email bereavement@stcroixhospice.com

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Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about bladder and bowel health!

Cost: No fee. Voluntary contribution accepted.

In-Person three session workshop:

Tuesdays, 9:30 - 11:30 a.m.
March 5, 19 & April 2, 2024

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

Each workshop is limited to 10 women.

Registration
Please register at least one week in advance by calling 715-839-4735 or online at www.adrcevents.org.



ADRC
Aging & Disability Resource Center
Eau Claire County

Researched and proven to reduce bladder and bowel leakage!

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 adrc@co.eau-claire.wi.us

Med Wise Rx

Med Wise Rx is a skills-based educational program to improve older adults' communication with pharmacists and other providers for safer medication management.



- Meets for two 1.5-hour classes, separated by one week for home practice.
- It's free, convenient, and empowering!
- Join the program evaluation study by the University of Wisconsin School of Pharmacy.
- Participants will receive up to \$75 in thank you gift cards for participating in this study.

Medication management can be challenging

Medication errors can result in unwanted effects from medicines, and worse, falls, hospitalizations and even death. Poor communication and medication coordination problems with multiple people prescribing a person's medications, can increase these errors even more.

Build knowledge and skills with Med Wise Rx

The pharmacist is important to help people manage their medications and address their medication-related questions and concerns. Yet, patients and caregivers often are unsure what questions to ask their pharmacist or how to ask them.

- Gain confidence in talking with your pharmacist
- Learn what to ask about your medicines
- Learn how to ask for a medication check-up

Who is eligible?

- Older adults (at least 65 years old)
- Taking 4 or more multiple medicines regularly (this includes nonprescription drugs),
- Able to navigate and join two Webex meetings (at home, ADRC, library, etc.),
- Able to participate in phone interviews and provide feedback

This project is a partnership between the UW School of Pharmacy, ADRCs of Eau Claire and Calumet Counties, and Community-Academic Aging Research Network (CAARN).

WHEN: **Tuesdays, 9:30 - 11:00 am / March 5 & 19, 2024**
OR
Fridays, 9:30 - 11:00 am / May 3 & 17, 2024
(depending on which group you are randomly assigned to)

TIME: **1:00 - 2:30 pm**

LOCATION: Virtually, from the comfort of your home or office

SIGN UP: Call the Aging & Disability Resource Center at **715-839-4735** or go online www.adrcevents.org



Stepping On

© Clemson, 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 9 - May 21, 2024

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.



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

Aging & Disability Resource Center, 721 Oxford Avenue, Room 1130, Eau Claire WI 54703
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Wise Wisconsin Virtual Learning Series

Sessions:

2/7: The Power of Awe!

2/14: Wisconsin's First Nations

2/21: Grandparenting; Connecting through Traditions and Rituals

2/28: UW Cancer Carbone Center: Facts, Myths, and Screening for Cancer

3/6: Wise Money

3/13: What's the Deal with No Mow May?

3/20: Preparing to Care: The what, why, and how of supporting a loved one through a health crisis

3/27: We Can Do Hard Things: Tools for current and future caregivers

ZOOM IN ON
WEDNESDAYS FROM
9:00 - 10:00AM
FEBRUARY 7TH -
MARCH 27TH, 2024

Register here!



WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

Registration:
<https://go.wisc.edu/z96rcd>
For more information, contact Sara Richie at sara.richie@wisc.edu

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

Aging With Insight

a monthly support group to talk about topics related to aging



Monday, February 12th
2-3 pm at the Bloomer Senior Center
(Immediately Following the Senior Center Board Meeting)

Join Sue Christensen for an engaging conversation to discuss the challenges and opportunities facing seniors today. Sue is a retired professional counselor, who has worked extensively in the field of aging as well as mental health. Free coffee and refreshments will be provided. Bring a friend or make a new one!



This program is free and open to the public. For more information visit us at 1519 17th Avenue, online at bloomerpubliclibrary.org or call 715-568-2384.



YOUR GARDEN IN A POT

FREE GARDENING WORKSHOP
MONDAY, FEBRUARY 26, 1 PM

at the Bloomer Senior Center located at 2121 Duncan Rd

Gain tips on how to grow flowers, herbs and vegetables in containers. The workshop will cover the basics of container gardening, plant selection and care. You will also have the opportunity to plant basil seeds to start an indoor herb garden this winter. Supplies will be provided. You are welcome to bring your own small container. Make sure your container has drainage holes.

Register at bit.ly/registerBPL or contact the Bloomer Library. Materials guaranteed for those who pre-register and others while supplies last.



Margaret Murphy serves as the UW Madison Division of Extension Horticulture Educator for Chippewa, Dunn and Eau Claire Counties. She provides educational outreach on gardening best practices. She has extensive experience in vegetable and herb gardening with a special interest in creating wildlife-friendly landscapes. Margaret holds a Master of Science in Biology and is a certified Master Naturalist.



Extension
UNIVERSITY OF WISCONSIN-MADISON

Bloomer
Senior Center

Bloomer Public Library
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For more information please visit the Bloomer Public Library at
1519 17th Ave, online at bloomerpubliclibrary.org or call 715-568-2384.

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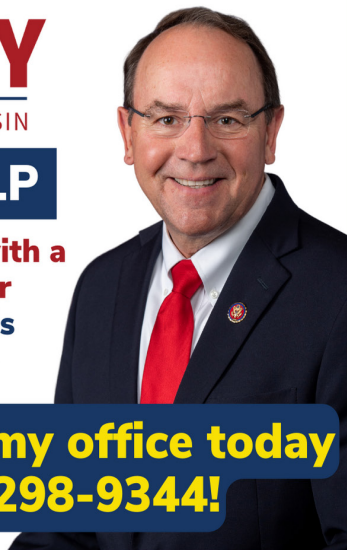
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The Aging and Disability Resource Center of Chippewa County Presents

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.

Registration Required (3 ways)

1. Visit www.chippewacountywi.gov/adrc
2. Or use your phone's camera to scan this code & register online.



3. Or call us to register: 715-726-7777

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

2nd Tuesdays..... 1:00 — 3:00 pm*
4th Tuesdays..... 5:00 — 7:00 pm

*Virtual attendance available on select dates

*February 13 1:00 — 3:00 pm
February 27 5:00 — 7:00 pm



Follow the ADRC of Chippewa County on Facebook

2024



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